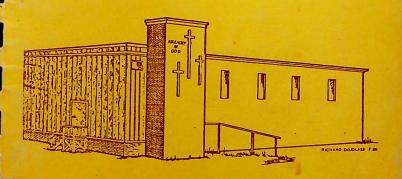
# Cherished Recipes



Lyons Assembly of God 1946 - 1986 Anniversary Edition



#### CHERISHED RECIPES

Sponsored By

### LYONS ASSEMBLY OF GOD

Women's Ministries Lyons, Kansas

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President......Twila Dumond

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Dorothy Smith, Chairman Twila Dumond Mary Matthias Donna Wilkes Kathy Johnson Treva Douglass

#### **EXPRESSION**

OF

#### APPRECIATION

The Women's Ministries would like to thank and express our sincere appreciation to all the people in the church and former members who gave so generously of their time and energy in collecting, submitting. typing and/or assisting with the sale of our cookbooks. Without their help, this book would not have been possible. God Bless You!

The Cookbook Committee

#### DEDICATION

We dedicate this book to all those that have been a part of the Lyons Assembly of God Church Family for the past 40 years. It is with cherished memories that we have compiled these recipes. Some of the recipes are treasured family recipes and some are new; however, they all reflect the love of good cooking.

Our thanks to all those who generously contributed their favorite recipes. Without their help, this book would never have been possible.

We hope you will enjoy the many outstanding and treasured recipes on the pages that follow.

#### LYONS ASSEMBLY OF GOD CHURCH HISTORY

In the spring of 1939, cottage prayer meetings were started by the Garrouts, Hudsons, Belongs and Shaws. We began a Sunday School that summer in a tent on East Avenue North.

Property was first purchased at the corner of East Avenue North and 4th Street in 1940. The following year a little white church was built there.

In 1946 the church was set in order by Bro. V. G. Griesen, District Superintendent. Charter members were:

M. E. Hosier
Mrs. E. Hosier
Mrs. Roy Belong
Carol Belong
Mrs. Carter Forrest
Mae Temple
Grace Sharp

Ruth Adams

Lee Landureth
Mrs. Lee Landureth
Mrs. Luceal Simons
Dorothy Simons
Mrs. Leonard Durall
Dale Thomas
Tina Clemens
Marry White

Property on North State Street was purchased in September, 1946. The present building was built on this location. Worship services were first held here October 24, 1954.

Serving as Pastors during this period of history are:

Bro. and Sis. Ray Robertson Bro. and Sis. Owen Carr Bro. and Sis. J. E. Tucker

Bro. and Sis. J. C. Musgrove Bro. and Sis. T. A. Gianopulos

Bro. and Sis. Lowell Underwood

Bro. and Sis. Ellis Hacker

Bro. and Sis. Bill Lambertson

Bro. and Sis. Clair Smith

Bro. and Sis. Carl Swink and present pastors,

Bro. and Sis. Gary Wilkes

 $\mbox{\sc Historical facts}$  thanks to Ruth Belong and Mary Matthias.



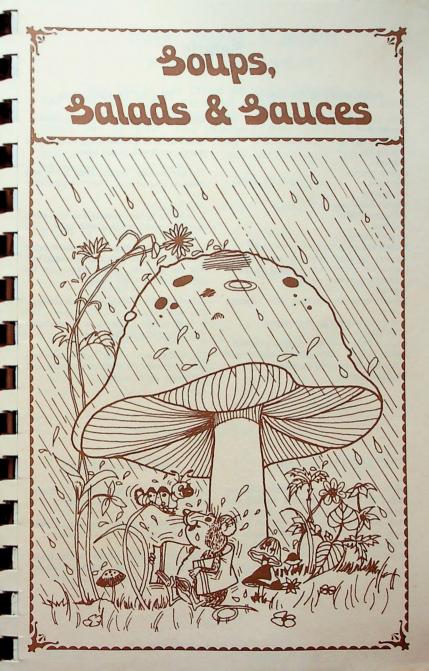
# List Your Favorite Recipes Here

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#### Salads

#### Additions and Garnishes

Slice hard-cooked eggs Radishes Chopped green or ripe olives Nut meats

Green pepper Sardines Anchovies

Slivered cheeses

Julienned ham Chicken

Grated carrots Cubed celery

Onions - pickled, grated or pearl onions Tomatoes, sliced and dipped in finely chopped parsley or chives

Capers

Dwarf tomatoes stuffed with cottage cheese

Fresh herbs - sprigs or chopped Mint leaves

Cooked beets, cut into shapes or sticks Lemon slices with pinked edges and dipped in chopped parsley

Raw cauliflower

#### Tips for Tossed Salads

Always handle salad greens with care.

Wash well, drain and dry greens before storing:chill well before using.

To core lettuce, smack head stem end down on counter top. Then twist the core out.

It is better to tear greens into bite-sized pieces to avoid bruising with knife.

Don't cut up tomatoes for a tossed salad since their juices thin the dressing and wilt the greens. Using them only for garnishing the salad bowl.

Select only firm, hard, green cucumbers. The skin should have a slight sheen, but if it is highly polished, it is probably waxed and should be removed.

Use wild greens such as dandelion, sorrel or winter cress for a different flavor and texture in tossed salads

#### **About Potato Salad-**

Potato salad is best made from potatoes cooked in their jackets and peeled and marinated while still warm. Small red waxy potatoes hold their shape when sliced or diced and do not absorb an excessive amount of dressing or become mushy.

#### Soup Accompaniments-

Clear Soups - crisp crackers, cheese pastry, cheese-spread toast strips.

Cream Soups - cheese popcorn, seeded crackers, pretzels, pickles and olives.

Chowders and Meat Soups - Melba toast, sour pickles, oyster crackers, bread sticks, relishes, toasted garlic bread.

#### SOUPS, SALADS & SAUCES

#### RAGGEDY ANN SALAD

For body, use fresh or canned peach half. For arms and legs, use small celery sticks. For head, use half of a hard-boiled egg. For eyes, nose, shoes and buttons, use raisins. For mouth, use a piece of cherry or a red hot. For hair, use grated yellow cheese. For skirt, use ruffled leaf lettuce. Arrange on salad plate.

Ann Murphy

#### JOSEPH'S COAT SALAD

1 (20 oz.) pkg. frozen mixed vegetables 3/4 c. water ? Tbsp. flour 1/3 c. vinegar 1/2 c. chopped onion

1 c. water 2 Tbsp. prepared mustard 1/2 c. chopped green pepper 1/2 c. chopped celery

Boil mixed vegetables in 1/2 cup water and drain. Combine sugar and flour. Mix well. Add vinegar, 1/2 cup water and mustard. Cook in small saucepan until thick. While still warm, pour over cooked vegetables and chill. When cool, add pepper, onion and celery. Chill well before serving. Eddie and Sharlyn Griffith

MIXED VEGETABLE SALAD

16 oz. mixed frozen vegetables 1 box frozen lima beans 1 large can black olives. chopped 1/4 c. chopped onion 1 c. mayonnaise

1/2 c. celery, chopped 1/2 c. green pepper, chopped 1 pkg. Hidden Valley dressing mix

Cook frozen vegetables until tender. Drain and cool. Mix with rest of ingredients and chill. Donna Wilkes

#### GREEN AND GOLD SALAD

1 (10 oz.) pkg. frozen
peas, thawed and
drained
1/4 c. shredded
Cheddar cheese

2 Tbsp. chopped onion 2 Tbsp. mayonnaise 1 1/2 tsp. mustard 1 1/2 tsp. salt

Combine in large bowl. Serve on lettuce, if desired.

Bill and Faye (Small) Smith

#### WONDERFUL SUMMERTIME SALAD

1 bunch broccoli 1/2 medium red onion 8 strips crisp bacon 1 handful raisins

Dressing:

Miracle Whip salad dressing

sugar vinegar

Use the whole bunch of broccoli and cut up into fine pieces for the salad. Be sure to use a red onion and chop. Crumble bacon and combine all these ingredients. Take the salad dressing, sugar and vinegar and mix to taste. Pour over salad and mix well. Chill for several hours before serving. Good!

Irene Hart

#### LAYER GREEN SALAD

1 small head lettuce, torn into pieces onion, chopped or separated into rings (I use rings) grated carrots sliced radishes 1 (10 oz.) pkg. frozen peas (uncooked)
Miracle Whip (a little over
 1 pt.)
Cheddar cheese, grated
bacon bits

Layer in a 9 x 13-inch glass dish or large glass bowl the lettuce, onion, carrots, radishes, any other vegetables you might like (except tomatoes), peas, Miracle Whip, cheese and bacon bits. Cover tightly and refrigerate overnight. Keeps several days as long as it is refrigerated.

Ann Murphy

#### DIFFERENT CARROT SALAD

Salad:

4 c. shredded carrots, 1 1/2 c. miniature marshloosely packed mallows 1/2 c. salted Spanish peanuts (skins on)

Dressing:

1/2 c. mayonnaise 2 tsp. vanilla 2 Tbsp. sugar 1 c. Cool Whip

Combine carrots and nuts. Mix in marshmallows. For dressing, mix mayonnaise, sugar, vanilla and Cool Whip. Pour over carrot mix. Toss to serve.

Ted and LaVeta Pyatt

#### GREEN BEAN SALAD

1 can green beans 1 envelope bacon-onion 2 Tbsp. mayonnaise dip mix

Mix mayonnaise and dip. Add to beans and refrigerate. Garnish with parsley, if desired.

Erma Small Prigmore

#### SAUERKRAUT SALAD

2 c. sauerkraut 1/4 c. chopped onion (1 lb. can) 1/2 c. sliced green pepper 1/2 c. grated carrots

Cut sauerkraut in short pieces. Stir in sugar. Let stand 1/2 hour. Add remaining ingredients. Cover and let stand in icebox for 12 hours before using. This will keep a week.

Mary Brown

#### CUCUMBER SALAD AND DRESSING

Salad Dressing:

3/4 c. salad dressing 1/4 c. vinegar (Miracle Whip) 3 Tbsp. sugar

2450-86

-3-

Salt sliced cucumbers and let stand about 15 minutes, then rinse. Mix all ingredients of salad dressing together in jar and shake well. Serve over cucumbers.

Irene Hart

#### BLUEBERRY-NUT SALAD

1 (6 oz.) pkg. black cherry gelatin

2 c. boiling water 1 (No. 2) can crushed 1/3 c. sugar pineapple (undrained)

1 (16 oz.) can blueberry 1/4 c. crushed nuts pie filling

1 c. sour cream

1 small pkg. cream cheese, softened

1 tsp. vanilla

In a 9 x 13 x 2-inch pan, mix gelatin and boiling water until dissolved. Add pineapple and pie filling. Stir and mix well. Put into refrigerator to set. Mix cream cheese, sour cream, sugar and vanilla. Do not overbeat. Spread on top of gelatin mixture. Sprinkle with nuts.

Christine Link

#### BANANA-ANNA-SURPRISE

1 (4-serving) pkg. strawberry gelatin 3/4 c. boiling water 1/2 c. cold water 1 medium banana, sliced 1/2 c. low-fat cottage cheese 1/2 c. thawed Cool Whip 1 tsp. grated lemon rind

Dissolve gelatin in boiling water. Combine cold water and ice to make 1 1/4 cups. Add to gelatin and stir until slightly thickened. Remove any unmelted ice. Add banana. Spoon half the gelatin into dessert glasses. Combine cheese, whipped topping and rind and spoon into glasses. Add remaining gelatin. Chill at least 30 minutes. Makes 8 servings.

Lulu Bascue

#### CONGEALED SALAD

l large pkg. black cherry jello 1 large can crushed
 pineapple
1 large can blueberries

#### Topping:

1 c. sour cream

1/2 c. crushed pecans 1/2 c. sugar

1 (6 oz.) pkg. Philadelphia cream cheese

Drain juice in colander and add water to make 2 cups juice. Heat to boiling and dissolve jello. Add fruit and let congeal. Soften cream cheese and whip with sour cream. Mix in sugar and pecans and spread on top.

Paula D. Marks, Missionary to France

#### MOLDED CRANBERRY APPLE SALAD

1 (3 oz.) pkg. strawberry-flavored gelatin1 c. boiling water1 c. cold water1/4 c. walnuts 1/2 c. Ocean Spray fresh or frozen chopped cranberries
1 c. sweet apple, cored

and chopped

In a bowl, thoroughly dissolve gelatin in boiling water. Add cold water. Chill until it begins to thicken. Prepare and stir in cranberries, apple and nuts. Spoon into 1-quart mold and chill until set.

Makes 6-8 servings.

Ann Murphy

#### STRAWBERRY SALAD

1 c. water
1 pkg. strawberry jello
1/4 c. sugar
14 large marshmallows
1 pkg. frozen strawberries, cut
1/2-1 pt. whipping cream
(can use Cool Whip)
1/2 c. chopped nuts
graham cracker crumbs

Put water, jello, sugar and marshmallows in top of double boiler. Stir until all is melted. Let cool. Add strawberries. Whip cream and fold into strawberry mixture. Add nuts. Line a flat dish with graham cracker crumbs. Put mixture into dish. Sprinkle with nuts and graham cracker crumbs.

Eula Crawford

#### LIME JELLO SALAD

1 (3 oz.) pkg. lime jello

1 c. hot water

1 pkg. Dream Whip, whipped

1 c. crushed pineapple
1/2 c. nut meats, chopped
1 c. cottage cheese

Mix jello and hot water. Let jello thicken. Mix all ingredients and chill.

Priscilla Carr (Mrs. Owen C.)

#### STRAWBERRY JELLO SALAD

1 large pkg. strawberrybanana jello

1 large can crushed pineapple

4 large bananas

1 pkg. frozen strawberries

1 (8 oz.) carton sour cream

Mix jello as indicated on box. Add strawberries. Drain pineapple, then add to strawberry mix. Slice bananas and add. Pour half of mixture into 13 x 9-inch cake pan and refrigerate until set. Spread sour cream on top, then add remaining jello mixture. Allow 2-3 hours to set in refrigerator before serving.

Jim and Ruth (Simmons) Shotts

San Dimas, CA

#### TAPIOCA SALAD

1 box orange jello

1 pkg. regular vanilla pudding

1 pkg. regular vanilla tapioca pudding

1 (5 oz.) can pineapple tidbits

1 small can mandarin oranges

8 oz. Cool Whip

Drain pineapple and reserve the liquid. Add water to liquid to make 3 cups. Boil this liquid with jello and both puddings until mixture begins to boil. Simmer 5 minutes. Stir constantly. Remove from heat and cool in refrigerator until slightly set, about an hour. Drain oranges and add pineapple and oranges to

mixture. Fold in Cool Whip. Let set in refrigerator overnight.

Pam Malthensen Grace Sharp

#### PHILLY SALAD

20 large marshmallows2 pkg. Philadelphia cream cheese1 pkg. lemon jello2 c. hot water

1 medium can crushed
 pineapple
1/2 pt. whipped cream
2 pkg. cherry jello
4 c. water

In top of double boiler, mix marshmallows, cream cheese, lemon jello and hot water. Heat until well mixed and marshmallows have dissolved. Remove from stove and let cool. Add pineapple and whipped cream. Let set until very firm. Mix cherry jello and water and let set until soupy. Then pour over the top of first mixture and let set.

Laura M. Stephens

#### CRANBERRY SALAD

1 c. cranberries 1/2 whole orange 3/4 c. celery 1/4 c. sugar 1 small apple 1/2 c. pineapple 1/2 c. nuts 1 pkg. cherry jello 1 1/2 c. hot water

Grind cranberries, orange with peeling and apple. Add sugar, chopped celery, pineapple and nuts. Dissolve jello in hot water. Mix all ingredients together and chill.

Priscilla Carr (Mrs. Owen C.) Tulsa, OK

# CRANBERRY DELIGHT (In Memory Of Roy, Byron And Helen)

1 lb. ground cranberries 8-10 marshmallows 1 lb. quartered grapes 2 c. whipping cream 1 c. chopped pecans or other nuts

Mix cranberries, grapes, nuts and marshmallows (miniature marshmallows may be used). Let stand 10

2450-86

minutes. Add cream that has been whipped. Let stand in refrigerator 10 or 12 hours.

Ruth Belong Cherokee, OK

#### FRUIT SALAD

1 c. fruit cocktail or mandarin oranges, drained

1 c. pineapple tidbits,
drained

1 c. miniature marshmallows

1 c. sour cream

1 c. coconut
1/2 c. chopped walnuts
 (optional)

shmallows and sour cre

Combine fruits, marshmallows and sour cream.

Mix together lightly and chill in refrigerator.

Ann Murphy

#### STRAWBERRY SALAD

1 (8 oz.) pkg. cream cheese 3/4 c. sugar 3 large sliced bananas 1/2 c. chopped nuts

1 (No. 211) can pineapple
tidbits
1 (16 oz.) box straw-

berries, thawed
1 large container Cool Whip

Cream together cream cheese and sugar. Fold in other ingredients. Pour mixture into  $9\times 13$ -inch pan and freeze. Keeps 4-6 weeks.

Reverend and Mrs. Clyde Fletchall Hutchinson, KS

#### ORANGE SALAD

2 egg yolks
1/3 c. sugar
1 Tbsp. flour
1 (No. 2) can pineapple chunks

1 can mandarin oranges
1/2 box orange jello
1/2 pkg. miniature marshmallows
1/2 pt. cream

Drain juice from pineapple and mandarin oranges. Add beaten yolks, sugar and flour. Cook mixture until it thickens, stirring constantly. Add jello, mix and cool. Pour cooked dressing over drained pineapple and oranges and marshmallows. Whip cream and stir into mixture. Refrigerate. Serves 10-12.

Leonard and Peggy Griffith

#### ACINI DE PEPE SALAD

1 c. de pepe

1 c. sugar

1 Tbsp. flour

1 (12 oz.) can chunk pineapple 1 (2 oz.) can mandarin oranges

3 beaten eggs

1 c. marshmallows

2 c. Cool Whip

Cook de pepe in 3 cups salted water until water disappears. Cool. Drain juice from pineapple and oranges. Mix flour and sugar, then add juices and eggs. Stir well. Cook until thickened. Mix with de pepe. Refrigerate overnight. Add fruit, marshmallows and Cool Whip. Chill until ready to serve.

Eileen Griffith

#### MILLION DOLLAR SALAD

1 large can crushed pineapple, drained

1 large pkg. miniature marshmallows

1-2 c. white grapes

1 (8 oz.) pkg. cream cheese

1/2 c. chopped nuts

1 Tbsp. mayonnaise

Add pineapple to marshmallows. Cut up grapes and mix with cream cheese, sugar and mayonnaise. Add to marshmallow mixture. Add pecans. Fold in whipped cream and place in refrigerator. Yields 14 servings.

Sarah Forrest Lacer Carrollton, MO

#### FRUIT AND YOGURT SALAD

1 (20 oz.) can chunk pineapple

1 (11 oz.) can mandarin orange segments

2 Tbsp. cornstarch

1 (8 oz.) carton plain yogurt

1 Tbsp. sugar

1 tsp. vanilla or almond extract

1 c. seedless green grapes,
 halved

1 banana, sliced

1 apple, cored and sliced

Drain pineapple and orange segments. In small saucepan over medium heat, cook liquid with cornstarch, stirring constantly, until thickened. Cool

slightly. In large bowl, combine yogurt, sugar and vanilla. Mix in cooled mixture. Stir in pineapple, mandarin oranges, grapes, banana and apple slices. Pour into serving bowl. Cover and refrigerate about 4 hours or until completely chilled. Makes twelve 1/2-cup servings.

Tip: One large orange, peeled, sectioned and cut into small pieces, can be substituted for mandarin

orange segments.

Maxine and Norman Byers Fargo, ND

#### APPLE MALLOW COLESLAW

4 c. shredded cabbage 1 1/2 c. miniature

marshmallows

1 c. chopped red apple (with peeling)

1/2 c. raisins 1/4 tsp. salt

1/2 c. chopped walnuts 1/2 c. Miracle Whip salad

dressing

In large bowl, combine cabbage, marshmallows, apple, raisins, Miracle Whip, salt and nutmeats. Toss well. Cover and refrigerate until ready to serve.

Makes 4-6 servings.

Ann Murphy

#### FRUIT SALAD

1/2 c. sugar
2 egg yolks
1/2 c. milk
pinch of salt
juice of 1 lemon
1 c. cream, whipped

1 (10 1/2 oz.) pkg. small marshmallows

1 can Royal Anne cherries or fresh white grapes

1 can cubed pineapple, drained

Make salad dressing of sugar, egg yolks and salt. Cook until thick and add juice of lemon. When cool, add whipped cream, marshmallows, cherries or grape and pineapple. Let stand 14 hours in refrigerator.

Kenny and Althea Wallace Abilene, TX Airforce

#### WALDORF SALAD

Reserve pineapple juice and mix with real mayonnaise to use as dressing.

Irene Hart

#### TACO SALAD

1 head lettuce

1 c. chopped green onions

1 tomato

1 can drained kidney beans

1 lb. ground beef

1 (4 oz.) pkg. taco cheese 1 large pkg. corn chips

cool and drain. Chon

Brown ground beef, cool and drain. Chop lettuce, onions and tomato. Add with the beans and taco cheese to the beef. Add corn chips. For the dressing, Catalina or Wish-Bone creamy onion or taco sauce may be used.

Jackie Folch Case Bloomington, IL

#### MEXICAN SALAD

1 lb. hamburger 1 small onion lettuce 1 tomato cheese 1 c. Ranch Style beans Fritos Catalina dressing

Brown hamburger meat and drain. Mix in grated cheese, lettuce, chopped onion, chopped tomato, Fritos and beans (rinse beans before putting in salad). Cover with dressing. Refrigerate until ready to serve.

Omah Jenks

#### POLYNESIAN SALAD

1 (10 oz.) pkg. frozen snow peas

1 (10 oz.) pkg. frozen peas

3 medium carrots

2 medium green peppers

1 medium red onion

1 small head lettuce

2 (15 1/2 oz.) cans pineapple tidbits

2 (5 oz.) cans water chestnuts

2 (4 oz.) cans sliced mushrooms lettuce leaves

1 1/2 c. mayonnaise

1 1/2 c. sour cream

2 Tbsp. sugar

cheese bacon

Cook peas and drain. Dice green peppers.
Thinly slice onion and water chestnuts. Grate carrots.
Drain pineapple and mushrooms. Line large baking dish with lettuce leaves. Layer ingredients. Cover with frosting made of mayonnaise, sour cream and sugar. Spread frosting evenly. Cover and let set overnight.
About 2 hours before serving, sprinkle with 3/4 cup cheese and 3/4 cup crumbled bacon. Makes a huge salad.

Beth Matthias Madden Little River, KS

#### GERMAN COLE SLAW

1 large head cabbage
2 large onions
3/4 c. sugar
1 c. vinegar
1 tsp. sugar

1/2 tsp. salt
1 tsp.c elery seed
1 c. oil (I use Hollywood safflower oil)

Shred cabbage and onions and mix with 3/4 cup sugar. Stir and let set. Combine vinegar, 1 teaspoon sugar, salt, celery seed and oil. Cook until comes to boiling point. Add shredded mixture. Cover and keep in refrigerator for 24 hours before serving.

Grace Sharp

#### MACARONI SALAD CARBONARA

6 oz. macaroni twists, cooked as directed

1 (3 oz.) can sliced mushrooms

1 c. frozen green peas
1 c. ham, cut in strips

2 tomatoes, chopped

1 1/4 c. prepared Hidden Valley Ranch Original or buttermilk salad dressing mix
1/2 c. diced green pepper

spinach leaves

Bring mushrooms with broth to a boil in 10-inch skillet. Add peas. Cover and cook 3 minutes. Uncover and add ham. Heat and stir until broth is absorbed and

peas are tender-crisp. Toss cooked macaroni, green pepper and tomatoes with salad dressing. Stir in mushroom-pea-ham mixture. Chill. Turn into salad bowl or platter lined with spinach leaves. Makes 6-8 servings.

Becky McBeth

#### DEVILED EGGS

6 hard-cooked eggs 1 tsp. vinegar 1/4 c. mayonnaise 1 tsp. mustard

Halve eggs lengthwise. Remove yolks and mash with a fork. Stir in ingredients and add 1/8 teaspoon salt. Garnish with paprika or parsley.

Dorothy Seaton

#### DELICIOUS POTATO SOUP

5 medium potatoes 1 c. milk
4 slices bacon, cooked and crumbled water
1/4 c. chopped celery salt and pepper to taste

Boil potatoes until almost done. Mix flour with enough water to make dough consistency of biscuit dough. Drop by spoonfuls into potatoes, adding bacon, celery, onion and milk. Cook until dumplings are done or until they float to top. Serve hot with dollop of butter in each bowl, along with Longhorn cheese and crackers.

Dorothy Smith

#### MIDWEST VEGETABLE CHOWDER

2 c. boiling water
2 c. chopped potatoes
1/4 c. flour
1/2 c. carrot slices
2 c. milk
1/2 c. celery slices
2 1/2 c. shredded Cheddar
1/4 c. chopped onion
1 1/2 tsp. salt
1/2 tsp. pepper

Cook potatoes, carrots and celery until tender in water. Add onion and cook a while longer, then drain. Mix milk, cheese, spices, oleo and flour into a cream sauce. Add cooked vegetables and canned corn. Heat this all through and serve.

Good!

Irene Hart

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#### QUICK CHEDDAR CHEESE SAUCE

1 can condensed Cheddar
 cheese soup
1/3 c. milk

1/4 tsp. dry mustard
1/4 tsp. Worcestershire
sauce

Heat ingredients to boiling, stirring frequently.

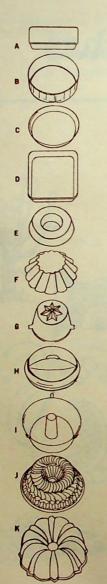
Anita Diener

\*\* EXTRA RECIPES \*\*

# Main Dishes



### Common Kitchen Pans to Use as Casseroles



#### WHEN THE RECIPE CALLS FOR:

4-cup baking dish:
9-inch pie plate
8 x 1½-inch layer-cake pan -C
7 3/8 x 3 5/8 x 2½-inch loaf pan -A
6-cup baking dish:
8 or 9 x 11½-inch layer-cake pan -C
10-inch pie plate
8½ x 35/8 x 25/8-inch loaf pan -A
8-cup baking dish:

8 x 8 x 2-inch square pan -D 11 x 7 x 1½-inch baking pan 9 x 5 x 3-inch loaf pan -A 10-cup baking dish:

 $9 \times 9 \times 2$ -inch square pan  $11\% \times 7\% \times 1\%$ -inch baking pan -D  $15 \times 10 \times 1$ -inch jelly-roll pan

 12-cup baking dish or over:

 13½ x 8½ x 2-inch glass baking pan
 12 cups

 13 x 9 x 2-inch metal baking pan
 15 cups

 14 x 10½ x 2½-inch roasting pan
 19 cups

## TOTAL VOLUME OF VARIOUS SPECIAL BAKING PANS

Tube Pans:	
71/2 x 3-inch "Bundt" tube -K	6 cups
9 x 31/2-inch fancy tube or "Bundt	
pan -J or K	9 cups
9 x 3½-inchangel-cake pan -l	12 cups
10 x 3¾-inch "Bundt" or	
"Crownburst" pan -K	12 cups
9 x 3½-inch fancy tube -J	12 cups
10 x 4-inch fancy tube mold	
(kugelhupf) -J	16 cups
10 x 4-inch angel-cake pan -I	18 cups
Meion Mold:	
7 x 51/2 x 4-inch mold - H	6 cups
Spring-Form Pans:	
8 x 3-inch pan -B	12 cups
9 x 3-inch pan -B	16 cups
Ring Molds:	
	11/2 cups
91/4 x 23/4-inch mold -E	8 cups
Charlotte Mold:	Billy
6 x 4 1/4 - inch mold - G	7½ cups
Brioche Pan:	
91/2 x 31/4-inch pan -F	8 cups

#### MAIN DISHES

#### TATER TOT CASSEROLE

1 lb. ground beef 1 tsp. onion flakes or 1/4 c. chopped onion

salt and pepper to taste 1 can mushroom soup frozen Tater Tots

Mix salt and pepper with ground beef and onion or sprinkle onion flakes on top. Pour mushroom soup over the top. Cover with frozen Tater Tots and bake in a 1 1/2-quart casserole for 1 hour in a 325° oven. Celery soup may be substituted for mushroom

soup.

Ann Murphy

#### OVEN FRIED CHICKEN

1 Tbsp. oleo 2/3 c. Bisquick 1 1/2 tsp. paprika 1 1/4 tsp. salt 1/4 tsp. pepper 1 (2 1/2-3 1/2 lb.) fryer, cut up

Heat oven to 425°. Melt oleo in 13 x 9 x 2-inch pan. Mix baking mix, paprika, salt and pepper. Coat chicken. Place chicken, skin side down, in pan. Bake, uncovered, 35 minutes. Turn and bake until done, about 15 minutes.

> Karen Newkirk Alva, OK

#### CHICKEN DELIGHT

2 boxes broccoli spears

6 chicken breasts or any other parts of chicken

Sauce:

1/4-1/2 c. Parmesan cheese 1 c. mayonnaise 1 can cream of mushroom soup

Cook broccoli half of required time. Line broccoli spears in bottom of baking dish and put chicken on top. Mix ingredients of sauce together. Pour sauce over broccoli and chicken and bake 1 1/4 hours at 350°. Irene Hart

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#### CHICKEN AND SAUERKRAUT

1 whole chicken, boiled
 and boned
1 can sauerkraut

1 medium onion, chopped
1 rib celery, chopped
water (enough to boil
 chicken)

Cook sauerkraut, onion and celery in chicken broth until onion and celery are tender. Add chopped chicken to the sauerkraut mixture. Cook 10 minutes longer.

Mina Kempke

#### CROCK-POT PERFECT RICE

rice water salt butter or margarine

Follow directions on rice package for proportion of rice to water (up to 4 cups raw rice may be prepared in cooker). Rub cooker lightly with 1 tablespoon butter or margarine. Pour in rice, water and salt. Cover and cook on high 1 1/2-2 1/2 hours, stirring occasionally.

Note: When turned off, cooker will keep rice warm for serving for 2-3 hours. To cook all day (on low 8-10 hours), use 2-3 cups long grain converted rice, 4-6 cups water or broth and 2 tablespoons butter or margarine. Salt to taste before serving.

Ann Murphy

#### CRUMB-COATED CHICKEN

2 eggs 1/3 c. melted butter 1 tsp. salt 1 1/2 c. buttery cracker crumbs

1 (2 1/2-3 1/2 lb.) chicken, cut up and skin removed

Combine eggs, butter and salt and beat well. Place crumbs in shallow dish. Coat chicken with crumbs. Dip into egg mixture. Roll in crumbs to coat. Arrange chicken in 12 x 8 x 2-inch glass dish. Cover with waxed paper and microwave on high for 10 minutes. Rotate dish. Microwave for 10 minutes longer or until chicken is tender.

Dorothy Smith

#### PEPPER STEAK

1 lb. round or flank steak

1 Tbsp. vinegar

3 Tbsp. soy sauce

1 tsp. sugar

2 tsp. cornstarch

1/4 c. flavorless vegetable oil

2 medium green peppers, cut into 1/2-inch squares

4 slices peeled ginger root (about 1 x 1/4 inch)

Cut steak lengthwise into strips about 1 1/2 x 1 inch. In large bowl, mix vinegar, soy sauce, sugar and cornstarch. Add steak and toss with a spoon to coat thoroughly. Steak may be cooked at once or left to marinate for a while.

Set a skillet over high heat for 30 seconds. Pour in 1 tablespoon oil and heat for 30 seconds, turning heat down if it begins to smoke. Add peppers and stir-fry for 3 minutes or until tender. Remove peppers. Pour 3 tablespoons oil into skillet and heat. Add ginger root and stir for a few seconds, then add steak mixture. Stir-fry over high heat for 2 minutes or until meat is done. Discard ginger. Add the peppers and cook for a minute. Stir. Transfer to a heated platter and serve.

Dorothy Smith

#### SWISS STEAK

steak 1 medium onion 2 stalks celery 1/2 green pepper 1/2 red pepper 1 can tomatoes

Cut steak into desired sizes. Salt, pepper and flour steak. Brown in small amount of cooking oil. Cook until nearly done. Chop all vegetables. Add tomatoes and pour over meat. Cover and simmer for about an hour.

Lynn Woods

#### CLAIR'S DEVILED SWISS STEAK

2 lb. top round steak, cut about 1 inch thick 1/2 c. flour salt and pepper to taste 1 c. diced onion

1 can stewed tomatoes 1 Tbsp. dry mustard 2 Tbsp. fat

1 can tomato soup 3-4 Tbsp. brown sugar

2450-86 -17sauce

Mix mustard with flour and pound into steak. Brown in fat, both sides. Add salt and pepper, soup, onion, brown sugar, Worcestershire sauce, stewed tomatoes and tomato sauce and place in small roaster or electric skillet. Cover and simmer for 3-4 hours or more if desired, until tender.

We fix rice and put the sauce on top of the rice

as a side dish.

Marge Smith Ponca City, OK

#### BACHELOR SURPRISE MEAT DISH

2 lb. beef in cubes 2 cans cream of mushroom soup

1 pkg. dried onion soup mix 1/2 c. water

Bake at 325° for 3 hours. Keep baking dish covered. Serve over noodles or rice. This is a small recipe for 2.

Irene Hart

#### CHICKEN AND ASPARAGUS

6 chicken breasts

2 cans asparagus (green tip)

#### Sauce:

1 medium onion, chopped 1 medium can mushrooms 1/2 c. butter or oleo 2 cans mushroom or cream of chicken soup 3/4 can milk 1/2 lb. sharp cheese

1/4 tsp. Tabasco sauce

2 tsp. soy sauce

1 tsp. salt

1 tsp. pepper

1 tsp. Accent

2 Tbsp. pimiento

1/2 c. chopped almonds

Boil chicken in seasoned water until done. Debone and tear in pieces. In 9 x 13-inch casserole, put layer of asparagus. Cover with chicken pieces.

Saute onion and mushrooms in oleo. Add remaining ingredients, except almonds. Simmer until cheese melts. Pour cheese sauce over and top with chopped almonds. Bake at 350° until bubbly.

Laura M. Stephens
Pratt, KS

#### CHICKEN TETRAZZINI

1 (1-2 lb.) fryer, boned 1/2 lb. broiled mushrooms plenty of butter

grated Parmesan cheese spaghetti evaporated milk salt and pepper to taste

Saute mushrooms in butter. Add pepper. Simmer over low flame for 10 minutes. Cook 1/4 pound spaghetti. Place in baking dish and sprinkle with cheese and butter. Pour in chicken mixture. Add more milk, if needed. Bake in a 315° oven for 15 minutes.

Anita Diener

#### CHICKEN AND RICE ON SUNDAY

1 box Minute rice
1 can cream of celery
soup
1/2 c. milk

1 can mushroom soup 1 envelope dry onion soup 1 frying chicken

Grease 9 x 13-inch baking dish. Sprinkle rice on bottom. Heat soups with milk and stir until well blended. Pour over the rice. Lay pieces of chicken on rice. Sprinkle with dry onion soup. Seal pan with foil and bake at 325° for 2 hours and 15 minutes.

Butch Adams

#### CHICKEN SPAGHETTI

1 chicken, boiled and
 deboned
1 c. onion, chopped
1 1/2 c. chopped celery
1/2 c. oleo
1 bud garlic, chopped
1 can cream of chicken
 soup

1 can cream of mushroom

1 soup can broth
1 small can sliced mushrooms

1 small can sliced black olives, drained salt and pepper to taste paprika to taste 9 oz. spaghetti Cheddar cheese

soup

Saute onion and celery in oleo. Add garlic or garlic salt. Add chicken soup, mushroom soup and 1 soup can of broth saved from the chicken. Heat and stir until smooth. Add sliced mushrooms, sliced olives, salt, pepper and paprika. Cook spaghett in broth (add water, if needed, to broth). Drain. Place cooked spaghetti in a casserole and place chicken on top. Cover with soup mixture. Sprinkle on grated Cheddar cheese. Bake at 350° for 30-45 minutes.

Can be made ahead and frozen. Elaine Davis Wetzig Monahans, TX

#### CASHEW CHICKEN

2 boned chicken breasts, cubed

3 green onions

2 green peppers carrots (optional) broccoli (optional)

#### Marinade:

1 egg white 1 Tbsp. cornstarch 1 Tbsp. water

1 Tbsp. soy sauce 1/4 tsp. ginger

#### Sauce:

2 Tbsp. soy sauce 1 Tbsp. wine vinegar 1/2 Tbsp. brown vinegar

1/2 tsp. salt 1 tsp. sugar 1 Tbsp. cornstarch

Let chicken marinate for 30 minutes. Stir-fry chicken and vegetables separately in 2 cups vegetable oil. Drain oil. Add sauce. Add water to desired consistency. Serve over rice. Sprinkle with cashews. Anita Diener

#### CASHEW CHICKEN

3 Tbsp. butter 1/2 c. cashews 2 c. chicken, diced 1 small onion, chopped 2 frozen pkg. or 1 large can Chinese vegetables

1 c. bouillon

1 Tbsp. cornstarch 2 Tbsp. soy sauce

In large skillet, heat butter. Add cashews and cook over medium to high heat, stirring, until lightly toasted. Remove nuts and stir in chicken and Chinese vegetables. Cook 5 minutes, stirring constantly. Add onion and bouillon. Cover and cook several minutes. Dissolve cornstarch in soy sauce and stir into chicken mixture. Add toasted cashews. Serve over rice.

Virginia Belote Cates Harvey, IL

#### CHICKEN-BROCCOLI CASSEROLE

2 pkg. chicken breasts or 1 whole chicken

2 pkg. frozen broccoli spears

2 cans cream of chicken soup

1 c. mayonnaise 1/8 tsp. curry powder 1 Tbsp. lemon juice 1 c. Minute rice Cheddar cheese

Cook chicken and broccoli. Bone chicken. Mix soup, mayonnaise, curry powder and lemon juice in saucepan and heat. Grease a 9 x 13-inch pan. Layer bottom of pan with the Minute rice, then a layer of chicken and a layer of broccoli. Pour hot mix over this. Top with grated Cheddar cheese. Bake at 350° for 30-45 minutes or until rice is done.

Anita Diener

#### CHICKEN CASSEROLE

4 lb. chicken, cooked and boned

1 1/2 c. chopped celery

2 beaten eggs

1 small onion

4 or 5 c. broth salt to taste

1/4 tsp. pepper 1 can mushroom soup

4 c. rolled Ritz crackers

1 c. Longhorn grated cheese

Mix enough to moisten. Put in greased cake pan. Bake at 350° for 1 hour, uncovered.

Ann Murphy

#### BURRITOS

1 lb. ground beef 1 can refried beans 1 jar green chilies garlic salt to taste

2450-86

1/2 large can tomato herb sauce onion grated cheese (optional)

Brown and drain the ground beef. Add the ingredients together. Roll in soft burrito shells. Roll in foil and heat in the oven. To serve, top with chopped lettuce, tomato and taco sauce.

Reverend and Mrs. Clyde Fletchall Hutchinson, KS

#### CHIMICHANGOS

1 1/2 lb. ground beef taco seasoning 1 small onion, diced 2 medium tomatoes, diced 2 medium peppers, diced\* flour tortillas deep fat fryer

\*The kind depends on how spicy you like your food.

Cook ground beef and onion together about half-way done. Add taco seasoning, tomatoes and peppers. Cook until meat is done. Drain. Have fryer hot. Put 2-3 tablespoons meat mixture on tortilla and fold closed. Place in fryer. You may have to hold tortilla closed with spatula as they tend to unfold. Cook until they float to the top. Top with sour cream and olives and/or picante sauce. Serve with tossed salad and chips.

Dorothy Smith

#### CHALUPAS

c. chopped onion
 1/2 lb. ground beef
 Tbsp. chili powder
 c. undiluted tomato soup
 salt to taste
 Tbsp. butter

2 Tbsp. flour
1 c. water
1 1/2 c. light cream
12 soft tortillas
1 1/2 c. grated Cheddar cheese

Saute half of onion in butter until soft. Add meat and cook until brown. Add flour and chili powder. Cook 5 minutes longer. Add water, cover and simmer until thick. Mix soup, cream, salt and rest of onion and cheese. Cut tortillas in strips and place in

buttered shallow casserole. Alternate meat and cheese mixtures until casserole is filled with cheese on top. Bake at 325°-400° for 45 minutes, until bubbly.

Serves 6-8.

#### Jerry Belote

#### CHEESE CHALUPAS

1 (16 oz.) can red beans, drained

1 c. cubed Cheddar
 cheese

1 (4 oz.) can green chilies, rinsed, seeded and halved

1 slice onion

1 tsp. ground cumin

1/4 tsp. salt 8 corn tortillas

2 c. shredded lettuce

2 medium tomatoes, chopped

1/2 c. shredded Cheddar cheese

In blender container, combine beans, the cubed cheese, chilies, onion, cumin and salt. Cover and blend until just combined (mixture should still be lumpy). Spread about 1/4 cup bean mixture over each tortilla. Place tortillas on baking sheet. Broil 4-5 inches from heat 4-5 minutes or until cheese bubbles. Remove from oven and stack 2 tortillas, bean side up, on each serving plate. Top with lettuce, tomatoes adn shredded cheese. Makes 4 servings.

Microwave Method: Place 4 stacks of beanspread tortillas on paper toweling in microwave oven. Microcook, uncovered, at high setting for 2-2 1/2 minutes. Serve topped with lettuce, tomatoes and

shredded cheese.

Joyce Manwarren Matthias Clearwater, KS

#### CHICKEN ENCHILADAS

 pkg. tortillas
 chicken or chicken breasts, cooked, chopped and salted
 green pepper, chopped
 onion, chopped
 1/2 tsp. chili powder 1 can mushroom soup1 can cream of chicken soupgarlic to taste1 can Ro-Tel tomatoes1/2 lb. Cheddar cheese

Line Pyrex long dish with tortillas that have been dipped in boiling broth. Mix chicken, green

2450-86

pepper, onion, chili powder, both soups, garlic and Ro-Tel tomatoes. Layer tortillas and chicken mixture. Top with cheese. Bake at 350° for 30 minutes.

JoAnn Mathis (Belong)

#### ENCHILADA CASSEROLE

Del Monte whole jalapeno chilies 1 1/2 lb. hamburger 1 c. chopped onion 6 corn tortillas 15 oz. Del Monte enchilada sauce (all-purpose cooking sauce)2 c. shredded Cheddar cheesesour cream

Slice 3 or 4 jalapenos crosswise into thin pieces. Seed and rinse. In skillet, brown meat with onion and drain. Cut tortillas in halves. In 8-inch square pan, place straight edge of 4 halves against sides of pan. Top with 1/3 of sauce, 1/2 of meat and 1/3 of cheese. Repeat layers. Top with remaining 4 tortilla halves, sauce and cheese. Cover and bake at 350° for 30-35 minutes. Garnish with dollops of sour cream and jalapeno slices. Serve with Del Monte salsa picante (hot table sauce), if desired. Makes 4-6 servings.

Ann Murphy

#### BEEF AND BEAN TOSTADOS

lb. hamburger
 (1 1/4 oz.) envelope
 Old El Paso taco
 seasoning mix
 Old El Paso tostado
 shells
 (16 oz.) cans Old El
 Paso refried beans

2 or 3 large tomatoes, chopped 3 c. shredded Cheddar cheese (12 oz.) 2 c. shredded lettuce 1 (12 oz. or 1 lb.) container sour cream

black olives (optional)

Prepare hamburger according to directions on seasoning mix package. Preheat oven to 350°. Place tostado shell on sheet and warm in oven 5-7 minutes. Spread each tostado shell with 1/4 cup beans. Top with 1-2 tablespoons hamburger mixture, sour cream, lettuce, cheese, tomatoes, slice of olive and taco sauce. Makes 12 tostados.

Ann Murphy

### MEXICAN MEAT LOAF

2 lb. hamburger 2 pkg. taco seasoning mix onion to taste 1 egg

1 (8 oz.) can tomato sauce 1 can refried beans 8 oz. grated cheese 1 small can chili peppers

Combine hamburger, taco seasoning, onion, egg and tomato sauce. Press half of mixture into large loaf pan. Top with layers of refried beans, cheese. peppers and remaining meat mixture. Bake at 350° for 1 hour. Turn onto a bed of lettuce and garnish with tomatoes, black olives and corn chips, if desired. Pat and Gary Crawford

#### MEXICAN LASAGNE

1 1/2 lb. hamburger 1/2 onion, chopped fine 1/2 tsp. cumin 1/2 tsp. oregano 1/4 tsp. garlic powder

1 tsp. dry onion flakes salt and pepper to taste chili powder to taste 1 (8 oz.) can tomato sauce 1 pkg. lasagne noodles

Cook lasagne according to package directions. Brown hamburger and chopped onion until done. Stir in cumin, oregano, garlic powder, onion flakes, salt, pepper and chili powder. Add tomato sauce. Simmer 10-15 minutes. Cut slices of Velveeta or American cheese. In large casserole dish or pan, layer meat mixture, lasagne noodles, cheese, etc. Put into 350° oven for 20 minutes or until mixture bubbles and cheese is melted.

Marge Seaton Marshall Kansas City, KS

### SPANISH RICE

1 lb. hamburger meat (optional) 1 c. rice

2 c. water 1 tsp. salt

Sauce:

1 (8 oz.) can tomato sauce plus 2 cans water plus 1 can water

1 (6 oz.) can hot V-8 juice

2450-86

1 chopped onion 1 chopped clove garlic or 1/2 tsp. garlic powder 1/2 tsp. oregano

1/4 tsp. ground comino

1/2 tsp. chili powder

pinch of sweet basil, rubbed in palm 1/2 tsp. salt 1 tsp. picante sauce (optional) grated Jack or Cheddar cheese (optional)

Use a large skillet. Put in 2 tablespoons or more of cooking oil or shortening and heat. Pour dry rice in. Stir often and watch carefully. Brown rice until it is golden. Remove from heat and drain off shortening. Use a strainer and dip rice out with slotted spoon. In a saucepan, put 2 cups water and 1/2 teaspoon salt. Bring to a boil. Add rice and boil slowly about 15-20 minutes, until rice is fluffy and all the water is gone. Set aside. (Sometimes I have used tomato juice for part water.)

In the same large skillet put on medium heat and cook the meat until it is no longer red. Drain and push meat to the side. Add chopped onion and garlic to skillet and saute. (Usually there is enough grease in the skillet to saute onion. If not, add a tablespoon of oil or drippings.) Don't brown the onion. Add tomato sauce and water. Add V-8 and water. Add spices. Simmer a few minutes (approximately 5). Add rice and simmer a few minutes longer if it seems watery. Add picante sauce. Serve in large serving dish. Top with grated Jack or Cheddar cheese.

Hamburger meat makes this a great main dish. Serve with taco salad and fruit for dessert. A good economy meal can be made by cutting down on the hamburger meat. (Have made with as little as 1/4 pound of meat.) Can make it without meat and serve as a side dish with enchiladas or brown beans. Notice the V-8 juice takes the place of green peppers found in many recipes. Serves 4-6 people. To cut the recipe in half, cut only the quantity of meat and rice and use less water in sauce.

Elaine Pinkston

### PIZZA MACARONI AND CHEESE

1 box Kraft macaroni and cheese dinner 1 1/2 lb. hamburger

1 jar Pizza Quick sauce 1 large pkg. Mozzarella cheese

Fix macaroni and cheese as directed on box. Place in 8 x 10-inch pan to bake for 20 minutes at 350°. Brown the hamburger and place on top of cheese and macaroni. Pour jar of Pizza Quick sauce over this and spread evenly, then sprinkle cheese on top and return to oven. Bake until cheese is melted.

Good! Kids love it!

Irene Hart

### PIZZA BY THE YARD

1 loaf French bread 1 (6 oz.) can tomato paste

1/3 c. Parmesan cheese 1/4 c. chopped onion 1/4 c. chopped olives 1 c. shredded cheese
1/2 tsp. oregano
3/4 tsp. salt
1 lb. hamburger
2 sliced tomatoes
1 green pepper

Cut loaf in half lengthwise. Combine paste, cheese, onion, olives, oregano, salt and 1/8 teaspoon pepper. Add meat and mix well. Spread on top of loaf halves. Place on baking sheet and bake 20 minutes at 400°. Remove from oven and top with tomatoes and green pepper. Sprinkle cheese on top and bake 5 more minutes.

Robin Oberle Chase, KS

### LASAGNE

1 lb. Italian sausage
(without casing)
1 lb. hamburger
onion to taste
1 bay leaf
1/2 tsp. oregano
dash of garlic powder
dash of parsley
salt and pepper to taste

1 tsp. sugar
2 large cans tomatoes
1 can tomato paste
2 (15 oz.) cans tomato
sauce
10 oz. lasagne noodles

6 oz. Mozzarella cheese 1 small carton small curd cottage cheese

Brown and drain the sausage, hamburger, onion, salt, pepper, bay leaf, garlic powder, oregano, parsley and sugar. Add tomatoes with juice, tomato paste and tomato sauce. Cook and drain lasagne noodles. Place 1 layer in greased 9 x 13-inch baking dish of cottage cheese, 1 layer sliced Mozzarella cheese

and 1 layer of sauce. Repeat and sprinkle with Parmesan cheese. Bake at 375° for 30 or 40 minutes.

Valerie and Bill Belong Denver, CO

### SPAGHETTI WITH MEAT SAUCE

1/2 (7 or 8 oz.) pkg. 1 (No. 303) can tomatoes spaghetti, boiled 1 tsp. salt 1/4 tsp. pepper 1/2 lb. hamburger 1 tsp. Worcestershire sauce 1 (8 oz.) can tomato sauce (1 c.)

Brown onion and hamburger. Mix in tomato sauce. Stir in remaining ingredients and cover tightly, stirring occasionally. Uncover and simmer 15 minutes. Mix together sauce and spaghetti.

Ann Murphy

### ROMAN HOLIDAY

1 (8 oz.) pkg. noodles, cooked and drained 1/3 c. chopped onion 1 lb. hamburger 1 Tbsp. chopped green 2 (8 oz.) cans tomato pepper (optional) sauce 1 c. cottage cheese cheese

Brown meat and pour off grease. Stir in tomato sauce. Combine cheeses, sour cream and onion. Into well greased 2-quart casserole put noodles, then cheese mixture, then meat. Refrigerate until ready to bake. Bake, uncovered, at 350° for 45 minutes (more or less). To hold longer, cover and reduce heat to 300°.

Mary Matthias

### POOR MAN'S STEAK

3 lb. hamburger 1 medium onion, chopped 1 c. milk 1 c. cream of mushroom 1 c. bread crumbs soup 3 tsp. salt

Combine all ingredients, except soup. Press meat mixture into 15 1/2 x 10 1/2-inch jelly roll pan.

Refrigerate overnight. Cut into serving pieces and brown. Place in baking dish and pour soup over meat. Bake, covered, 1 hour in 350° oven. Recipe may be halved.

Mary Brown

#### TATER TOT HOT DISH

1 lb. ground beef 1 small can peas or green beans

1 can cream of chicken soup 1 pkg. frozen Tater Tots onion to taste

Brown beef and onion. Put in bottom of casserole. Put cream of chicken soup over meat. Add layer of peas or beans. Put Tater Tots on top. Bake in 350° oven for 35-40 minutes.

Norman and Maxine Byers Fargo, ND

#### HAMBURGER SUPREME

1 lb. hamburger patties 1 tsp. dried onion soup mix 1 small can mushrooms 1 can cream of celery soup

Brown hamburger patties, then put in roaster. Mix mushrooms, dried onion soup mix and soup and put on each patty. Cover and place in 350° oven for 30 minutes.

Ann Murphy

#### JOHN BEN GETTY

2 1/2 lb. hamburger 1 large chopped onion 1 can mushroom soup 1 medium can peas 1/2 c. chopped green pepper

1 regular pkg. noodles

1 c. pimentos, chopped 2 cans cream of chicken soup

1 lb. American cheese, grated

Brown and simmer hamburger 20 minutes with onion and pepper. Add remaining ingredients, except potato chips. Put in baking Pyrex dish. Sprinkle with potato chips. Bake 30 minutes at 350° or until bubbly. Serves 12. George and Carol Forrest

Cherokee, OK

-29-

2450-86

#### JOHNNY MARZETTI

1 1/2 lb. ground beef 1 or 2 onions (depending on size) 1/2 large green pepper 1 can tomato soup

1 pkg. Kraft American cheese, grated, or grated Longhorn cheese 1/2 medium-sized pkg. noodles

Boil noodles in salt water until tender. Brown meat, onions and peppers. Combine all ingredients (meat, noodles, cheese and tomatoes). Mix well and put into casserole. Bake for 1 hour at 350°.

> Paula D. Marks, Missionary to France

### HAMBURGER MEAT LOAF

1 1/2 lb. ground beef 2 bread slices 2 eggs

salt to taste 1/2 onion 1 can chicken noodle soup

Soak 2 slices of bread in 2 tablespoons of water. Add to other ingredients and bake 1 hour at 375°. Emma Evans

### MEAT LOAF

2/3 c. cracker crumbs 1 c. milk or tomato juice or V-8 2 beaten eggs 1 tsp. salt 1/4 tsp. pepper

1/2 tsp. sage or poultry seasoning 1 1/2 lb. ground beef or 1/2 sausage minced onion to taste

### Piquant Sauce:

1/4 c. tomato catsup or 3 Tbsp. brown sugar

1 tsp. nutmeg 1 small can tomato sauce 1 tsp. ground dry mustard

Mix ingredients for Meat Loaf together well by heavy spoon or by hand. Put into 2-quart bowl or loaf pan. Mix ingredients of Piquant Sauce together until smooth. Pour sauce over meat. Bake at 350° for 1 hour.

JoAnn Matthis (Belong)

#### MEAT LOAF

2 lb. ground beef 1 small can tomato sauce

1 can milk

1 onion, chopped

1 green pepper, chopped 1/2 c. catsup 1 c. cracker crumbs 2 eggs, beaten salt and pepper to taste

Mix together and bake at 350° for 1 hour.

Roberta Seaton

Kingfisher, OK

#### BIEROCKS

1/2 lb. hamburger 1 onion, chopped 2 c. shredded cabbage 2 Tbsp. butter salt and pepper to taste dash of monosodium glutamate 1 box hot roll mix

Brown onion and hamburger. Wilt cabbage in butter. Add cabbage to hamburger mixture, salt, pepper and monosodium glutamate. Cool. Roll dough in long roll about 2 inches in diameter. Cut and shape into balls. Roll out very thin. Fill with meat mixture and pinch opposite sides together. Place upside down on greased cookie sheet. Bake at 350°.

Neil and Carole Anibal Buhler, KS

### LORN'S GOULASH

1 1/4 lb. hamburger 1 onion

1 c. cooked macaroni catsup to taste

1 pt. tomatoes

Brown beef and diced onion. Pour off grease.

Add other ingredients and simmer about 1/2 hour.

Lorn and Barbara Evans

Irving, TX

### LORENE'S CASSEROLE

1 lb. hamburger

1 small onion, diced

1 can cream of chicken soup

1 can cream of mushroom soup

1 (1 lb.) pkg. cream cheese

2450-86

-31-

diced pimientos

1 large 4 oz. jar red 1 can corn (juice and all) 1 pkg. medium-sized noodles

Brown hamburger and onion, while mixing other ingredients. Cook noodles separately and drain. To hamburger mixture add soups, cream cheese, pimientos and corn. Add noodles last. Mix well. Bake in 325° oven for 30 minutes.

Can use small 3-ounce package of cream cheese and small jar pimientos.

La Veta Pvatt

### EASY HAMBURGER CASSEROLE

1 lb. hamburger, browned 1/2 c. raw rice 1 can cream of mushroom soup

1 can cream of chicken soup 1 1/2 c. water 1/4 c. soy sauce 1 can chow mein noodles or Tater Tots

Mix hamburger with rice, soups, water and soy sauce. Bake 50 minutes at 350°. Sprinkle noodles or Tater Tots on top and bake 10 minutes longer.

Robin Oberle Chase, KS

### HAMBURGER CASSEROLE

1 lb. hamburger onions to taste 1 small pkg. frozen peas

1 can mushroom soup Tater Tots or mashed potatoes

Brown hamburger with onions. Mix in undiluted mushroom soup. Layer hamburger mixture and peas in baking dish. Top with Tater Tots or spoonfuls of mashed potatoes. Bake 30 minutes in moderate 350° oven.

Dorothy Seaton

### COUNTRY PEPPERS

6 medium peppers 1 lb. pork sausage or ground beef 1/4 c. chopped onion

1 1/2 c. cooked rice 1 (8 oz.) jar Cheez Whiz or grated cheese 1/2 c. chopped tomato

Remove tops and seeds from peppers. Parboil 5 minutes. Drain. Brown meat and drain. Add onion. Cook until tender. Stir in rice, cheese and tomatoes. Fill peppers. Place in baking dish. Cover. Spread top with some of the cheese (optional). Bake at 350° for 40 minutes.

Kathy Johnson Sterling, KS

### 6 STUFFED GREEN PEPPERS

2 1/4 c. grated cheese 2 1/2 c. bread crumbs 1 1/2 tsp. chopped onion 3 Tbsp. butter 1 1/8 tsp. pepper 1/4 tsp. salt 1/4 tsp. paprika

Cut and remove seeds on one end of peppers. Parboil in salted water for 5 minutes. Toss together cheese, bread crumbs, onion, butter, pepper, salt and paprika and stuff peppers. Place in greased baking dish close together for 20 minutes at 350°, then 425° for 5 minutes.

Irene Hart

### STUFFED GREEN PEPPERS

6 green peppers
1 lb. ground beef
2 tsp. Worcestershire sauce
1/3 c. onion
1 c. shredded cheese
1 (1 lb.) can tomatoes salt and pepper

Preheat oven to 350°. Cut off tops of peppers and remove insides. For soft shell peppers, precook peppers in salt water 5 minutes. Pour off water. Sprinkle inside with pepper and salt. Brown meat and onion. Add tomatoes, rice, Worcestershire sauce, salt and pepper to taste. Cover and simmer 5 minutes. Add cheese and stuff peppers. Bake 25 minutes. Sprinkle with cheese. If wish to freeze, do not bake now.

Joyce Brady

### SWISS STEAK

2 lb. round or Swiss salt and pepper to steak, cut 3/4 inch thick taste

2450-86 -33-

sliced

1 large onion, thinly 1 (16 oz.) can tomatoes

Cut round steak into serving pieces. Season with salt and pepper and place in cooker (crock-pot) with sliced onion. Pour tomatoes over all. Cover and let set on low for 8-10 hours.

Creamy Swiss Steak: Follow recipe, except substitute one 10-ounce can mushroom soup and 1/2 can water for tomatoes. Spread soup evenly over top.

Ann Murphy

### OVEN SWISS STEAK AND VEGETABLES (In Memory Of Ethel And Lou Selby)

1-1 1/2 lb. beef round thick 1/4 c. all-purpose flour

1 tsp. salt 1/8 tsp. pepper

1 (16 oz.) can tomatoes, cut up

1/2 c. chopped onion steak, cut 3/4 inch 1/2 tsp. dried dill weed 4 medium carrots, cut into strips 2 medium zucchini, sliced (2 c.) 2 Tbsp. cooking oil hot cooked noodles

Trim excess fat from meat. Cut meat into 6 serving-size pieces. In a plastic bag, combine half of the flour, the salt and pepper. Shake meat in the flour mixture to coat. In a 10-inch skillet, brown the meat in hot oil. Transfer meat to a 12 x 7 x 2inch baking dish, reserving drippings in skillet.

Stir the remaining flour into pan drippings in skillet. Stir in the undrained tomatoes, onion and dill. Cook and stir until thickened and bubbly. Pour tomato mixture over meat. Add carrot strips. Cover and bake in a 350° oven for 1 hour. Add zucchini slices. Cover and continue baking 15-20 minutes more. Season with salt and pepper. Serve with hot cooked noodles.

Mary Matthias

### EASY BARBECUE BEEF

1 medium beef roast hamburger buns 1 (18 oz.) bottle barbecue sauce

Trim roast of excess fat. Place in crock-pot and pour barbecue sauce over it. Cook overnight on low setting. Serve next day with hamburger buns. Reverend Gary Wilkes

### CONEY ISLAND SAUCE

1 (20 oz.) can or 2 1/2 c. chili con carne

1 (6 oz.) can tomato paste 1 tsp. prepared mustard 1/2 tsp. salt

Combine and heat thoroughly over boiling water. Suggestion: Split hot dog rolls partway through lengthwise. Butter and toast very lightly. Place a precooked frankfurter in each roll. Spoon sauce generously over hot dog.

Mary Link

### SLOPPY JOES (4-Quart Crock-Pot)

3 lb. ground chuck 2 onions, finely chopped 2 pkg. Sloppy Joe season-1 green pepper, seeded

1 (8 oz.) can water

ing mix (optional) salt to taste

and chopped (optional) 2 (8 oz.) cans tomato sauce

Brown well ground chuck in skillet. Pour into colander and rinse well. Put into cooker. Add onions, green pepper, tomato sauce and water. Stir thoroughly. Salt to taste. Cover and cook on low 8-10 hours (high 4 hours).

Note: If too liquid, remove cover and set on

high for 30 minutes.

Ann Murphy

### OYAKADROMBE

1 large green pepper 2 bunches green onions 1 can chow mein vegetables

1 stalk celery

1 can bean sprouts 1 can mushroom pieces

1 c. Kikkoman soy sauce 2 cans cooked chicken

1 c. water

Use a wok or electric skillet for best results. Cut first 3 ingredients into small pieces and cook in

2450-86

soy sauce and water until tender. Add chow mein vegetables and bean sprouts. Cook on medium another 10 minutes. Pour over mixture of 6 beaten eggs and cook until eggs have congealed. Mix into mixture. Serve over rice that has been steamed and place in a dombre bowl. Provide chop sticks, soy sauce and hot tea and you have a delicious Japanese everyday dish.

Serves 6. This recipe has been a special

occasion dish at the Seaton house.

Roberta and Leon Seaton Kingfisher, OK

### RICE AND CHEESE

1 c. uncooked rice 1 tsp. salt

1 Tbsp. butter

2 c. water 4 oz. American cheese, sliced

Add rice, salt and butter to 2 cups boiling water. Bring to a boil. Cover with tight fitting lid. Lower heat and simmer for 15 minutes. Stir in the sliced cheese. Makes 6-8 servings.

Ida Belote

### BREAKFAST EGGS

2 lb. sausage, fried, cooled and drained margarine 1 1/2 doz. eggs, beaten Cheddar cheese

salt and pepper 1 c. half and half cream white bread (trim crust)

Spread margarine on both sides and place bread in 9 x 13-inch dish. Pour beaten eggs over bread, then sausage. Cover with cheese. Can be made up night before and then baked in morning. Bake at 350° for 30 minutes. Recipe can be cut in half.

JoAnn Matthis (Belong) Bedford, TX

### EASY EGGS A LA KING

1/4 c. chopped green pepper 2 Tbsp. hot salad oil

1 c. diced American cheese

1 (10 1/2 oz.) can condensed cream of chicken

1/2 c. chopped celery 1/2 c. milk

onion

1/4 c. finely chopped 6 pimento-stuffed green olives, sliced

4 hard-cooked eggs, chopped

In saucepan, cook celery, green pepper and onion in hot salad oil until tender. Add cream of chicken soup, milk and cheese. Heat and stir until cheese melts. Add eggs and olives. Heat. Spoon over hot buttered toast. Serves 4.

Becky McBeth

### TUNA NUGGETS

1 can tuna 1 egg

1 heaping tsp. baking powder 1/2 c. flour

Drain juice off tuna and save 1/4 cup. (If there is not a full 1/4 cup, add a little water.) Put tuna in bowl. Drop in 1 whole egg. Break up tuna with fork and mix egg into it real good. When gummy, add the flour. Stir and mix thoroughly in tuna. ture will be thick. Add a little salt and pepper.

Put heaping teaspoonful baking powder into 1/4 cup tuna juice. Beat with a fork; will be very foamy. Mix into tuna real good. Mixture will be real thin. Dip 1/2 ice tea spoonful and scoop out with another spoon into deep fryer. Cook until brown. If oil is deep enough, they will turn themselves. Drain on paper towels.

Twila Dumond

#### TUNA PATTIES SKILLET

1 can mushroom soup 2 cans tuna, drained 1/2 c. cornmeal 1 egg, slightly beaten

1/2 c. finely chopped onion 2 Tbsp. oleo 3/4 c. milk

Mix well 1/2 soup, tuna, cornmeal, egg and onion. Shape into patties. Brown in skillet with oleo. Remove. Stir remaining soup and milk into drippings. Add patties and stir occasionally. Garnish with parsley, if desired. Makes 6 servings.

Dorothy Seaton

# CROCK-POT HAM AND POTATOES SCALLOPED (4 Quarts)

6-8 slices ham8-10 medium potatoes,peeled and thinly sliced2 onions, peeled andthinly slicedsalt and pepper to taste

1 c. grated Cheddar or American cheese1 (10 oz.) can cream of celery or mushroom soup paprika

Toss sliced potatoes in:

1/2 tsp. cream of tartar 1 c. water

Drain. Put half of ham, potatoes and onions in cooker. Sprinkle with salt and pepper, then grated cheese. Repeat with remaining half. Spoon undiluted soup over top. Sprinkle with paprika. Cover and cook on low 8-10 hours (high 4 hours).

Ann Murphy

#### HAM AND POTATO CASSEROLE

3 Tbsp. shortening, melted
3 Tbsp. flour
1 1/2 c. milk
1 tsp. salt
dash of pepper

1 c. cubed Velveeta cheesediced ham2 c. cooked, cubedpotatoes

1 medium chopped onion

Melt shortening in large skillet. Blend in flour. Add slowly, stirring constantly, milk. Cook until thick. Add salt, pepper and cheese and continue to cook until cheese melts. Add ham, potatoes and onion. Pour into casserole. Top with crumbled buttered toast. Bake at 350° for 30-40 minutes.

Good!

Irene Hart

### HAM BALLS

1 1/2 lb. ground pork 2 c. bread crumbs, cracker crumbs or crushed corn flakes 2 eggs 1 lb. ground ham 1 c. milk

i c. iiiii

Sauce:

1/2 c. vinegar 1 c. brown sugar 1/2 c. water

Combine pork, crumbs, eggs, ham and milk and shape into balls. Combine ingredients for sauce and pour over Ham Balls. Bake 1 1/2 hours at 300°.

Irene Hart

### BARBECUED PORK CHOPS

4 large chops 1/4 c. catsup 1/2 tsp. salt 1/2 tsp. nutmeg not quite 1/4 c. vinegar 1/2 c. water chopped onion

Brown chops in hot oil. Drain and pour remaining ingredients over this. Cover and bake 1 1/2 hours at 325°.

JoAnn (Belong) Mathis

#### GAME MEAT LOAF

2 lb. ground venison, other game or ground chuck

1/2 c. chopped green pepper

1/2 c. chopped onion 1 1/2 tsp. salt

1 c. cracker crumbs

1 egg

1 (3/4-1 oz.) pkg. brown gravy mix

1 c. milk

6-8 small potatoes, cut up

Mix all ingredients, except potatoes, in large bowl. Shape into a loaf. Place in slow cooker. Place potatoes at the sides of loaf. If potatoes are peeled, wrap in foil to keep from darkening. Cover and cook on low 10 hours.

Variation: Omit gravy mix and milk. Add one 8-ounce can tomato sauce. Stir half into remaining ingredients. Shape into loaf. Place in cooker and bake as directed above with the rest of the remaining sauce poured over top of it.

Note: Add a small amount of ground suet or pork if game is very lean.

Ann Murphy

# CROCK-POT PHEASANT WITH WILD RICE STUFFING

3 stalks celery, cut in 2-inch pieces

1 (3 lb.) ready-to-cook pheasant

2 Tbsp. butter or margarine

3/4 c. diced celery 1/2 c, chopped onion

2 Tbsp. chopped parsley

1 tsp. salt

1/4 tsp. pepper 3/4 tsp. rosemary

(optional)
1 (4 oz.) can sliced

mushrooms, drained 1 1/2 c. cooked wild rice

1 (10 oz.) can condensed cream of chicken or mushroom soup

1/4 c. milk

Place celery pieces in bottom of cooker as "flavor rack" for pheasant. Rinse pheasant and pat dry with paper towel. In medium skillet, melt butter and saute celery, onion and parsley until lightly browned, about 10 minutes. Add remaining ingredients, except soup and milk. Mix thoroughly together.

Spoon stuffing lightly into neck and cavity of pheasant. Truss pheasant with skewers. Place bird with breast down on celery pieces in cooker. Pour in soup, which has been mixed with milk. Cover and cook on low for 6-8 hours (high 2 1/2-3 1/2 hours). Remove pheasant carefully with metal spatula to serving platter. Serve with the sauce poured over roast pheasant and rice.

Ann Murphy

# CROCK-POT ROAST VENISON ("Pride Of The Ozarks" Pot Roast)

4 lb. venison roast

2 Tbsp. flour

2 cloves garlic, minced

1 large onion, sliced

2 Tbsp. brown sugar

1 tsp. mustard

1 Tbsp. Worcestershire sauce

1/4 c. vinegar or lemon

1 (16 oz.) can tomatoes

Allow fresh or frozen venison to stand overnight in marinade. Season with salt. Roll in flour and brown in hot skillet. Place in slow cooker. Add remaining ingredients. Cover and cook on low for 8-10 hours.

Ann Murphy

# CROCK-POT ROAST WILD DUCK (Just Fine For Quail Too)

1 large duck or 2 mallards salt and pepper 2 chopped potatoes 2 chopped carrots2 chopped apples2 cut-up carrots

Soak duck or mallards in marinade overnight. Season inside and out with salt and pepper. Brown well in lightly oiled skillet to remove excess fat. Stuff each cavity with potatoes, carrots and apples (this stuffing absorbs unwanted fat and wild flavor; it is to be discarded after cooking). Place 2 cut carrots in bottom of slow cooker to act as a rack. Put stuffed duck in pot. Add 1/2 cup water. Cover and cook on high 2 hours, then turn to low for 8 hours. Before serving, remove chopped vegetables from each cavity. Serve with rice, baked sweet potatoes or potatoes.

Note: If ducks have been skinned, pin 2 bacon strips across each breast and place under broiler for 10-15 minutes before serving.

Ann Murphy

### CROCK-POT VENISON-RABBIT-SQUIRREL-DUCK

3-4 lb. game meat
(very fresh or frozen)
Marinade (following)
1 large onion, cut up
1/2 large green pepper,
cut up
1-2 stalks celery, sliced
2 cloves garlic, chopped

salt and pepper to taste 1/2 tsp. oregano

1 Tbsp. dry parsley or several fresh sprigs

3 Tbsp. catsup or tomato sauce

cayenne pepper to taste
1 c. liquid (cider, tomato
 sauce or water)

Soak fresh or frozen meat overnight in Marinade. Cut up meat and brown with vegetables in hot skillet 5-10 minutes. Place all meat and other ingredients in cooker. Cover and cook on low 8-10 hours.

Ann Murphy

### MARINADE (A Popular "Standard" For All Game)

1/2 c. vinegar

2 Tbsp. salt 1/2 c. vinegar 2 Tbsp. salt 2 cloves garlic, minced cold water (to cover game)

Mix ingredients together in bowl just large enough to cover game with water. Marinate frozen or fresh game overnight in refrigerator. No need to stir this marinade. Use for red meat or game bird. Ann Murphy

### ORIENTAL STEAK STRIPS

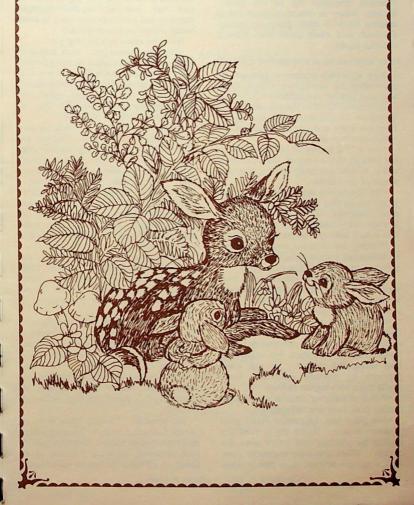
2 lb. beef round steak, cut 1 inch thick 2 Tbsp. cooking fat water 1/3 c. soy sauce

2 tsp. sugar 1/4 tsp. pepper 1 clove garlic, minced 3 cans Chinese vegetables cooked rice

Cut steak in 1/8-inch strips and 3-4 inches long. Brown strips in fat. Pour off drippings. Measure and add water to make 1 cup. Combine with soy sauce, sugar, pepper and garlic and add to meat. Cover tightly and cook slowly for 45 minutes. Add vegetables, cover and continue cooking 15 minutes. Combine cornstarch and water and use to thicken cooking liquid. Serve over cooked rice.

> Joe and Linda Vajgrt Concordia, KS

# Vegetables



### **How To Can Vegetables**

#### POINTS ON PACKING

Raw pack. - Pack cold raw vegetables (except corn, lima beans, and peas) tightly into container and cover with boiling water.

Hot pack. - Preheat vegetables in water or steam. Cover with cooking liquid or boiling water. Cooking liquid is recommended for packing most vegetables because it may contain minerals and vitamins dissolved out of the food. Boiling water is recommended when cooking liquid is dark, gritty, or strong-flavored, and when there isn't enough cooking liquid.

#### PROCESSING IN A PRESSURE CANNER

Use a steam-pressure canner for processing all vegetables except tomatoes and pickled vegetables.

Directions. - Follow the manufacturer's directions for the canner you are using. Here are a few pointers on the use of any

steam-pressure canner:

•Put 2 or 3 inches of boiling water in the bottom of the canner; the amount of water to use depends on the size and shape of the canner.

•Set filled glass jars or tin cans on rack in canner so that steam can flow around each container. If two layers of cans or jars are put in, stagger the second layer. Use a rack between layers of glass jars.

•Fasten canner cover securely so that no steam can escape except through vent (petcock or weighted-gage opening).

•Watch until steam pours steadily from vent. Let it escape for 10 minutes or more to drive all air from the canner. Then close petcock or put on weighted gage.

eLet pressure rise to 10 pounds (240 degrees F.) The moment this pressure is reached start counting processing time. Keep pressure constant by regulating heat under the canner. Do not lower pressure by opening petcock. Keep drafts from blowing on canner.

 When processing time is up, remove canner from heat immediately.

With glass lars, let canner stand until pressure is zero. Never try to rush the cooling by pouring cold water over the canner. When pressure registers zero, wait a minute or two, then slowly open petcock or take off weighted gage. Unfasten cover and tilt the far side up so steam escapes away from you. Take jars from canner.

#### **HOW TO CHECK CANNING JARS**

The first step in home canning should take place long before food and equipment are assembled and ready to go. Jars and other supplies should be checked prior to the canning session. In that way, you can replace damaged supplies and purchase new ones to avoid costly delays or inconvenience.

Here are some tips to help you.

Choosing meson jars. Jars manufactured especially for home canning generically are called mason jars and must be used when preserving. They are designed with a specially threaded mouth for proper sealing with mason lids. So, can with standard mason jars only.

Preparing glass lars. Check all jars, rings, and lids carefully. Discard any with nicks or cracks in top sealing edge and threads that may prevent airtight seals. Rings should be free of dents or rust. Select the size of closures—widemouth or regular—that fits your jar. Wash jars in hot, soapy water and rinse well. Then place in boiling water for 10-15 minutes. Keep jars in hot water until ready to use. Boil lids according to package directions.

Closing glass lars. Always wipe jar rim clean after food product is packed. Place lid on jar with button side up. Screw rings on firmly, but don't force. Do not re-tighten rings after processing or cooling.

A new lid that snaps down and clicks as the jar cools, providing visible proof of sealing, called Magic Button (R) is made by Owens-Illinois. Its read button pops up when the seal is broken. The Magic Mason jars that go with the special lids have metric measurements as well as customary U.S. measurements molded on the side.

Jar transfer. Use jar lifter or longhandled canning tongs to transfer jars to and from canner safely. Place hot jars on rack or towel, allowing 2-inches of air space on all sides for jars to cool evenly.

### VEGETABLES

### GREEN BEAN CASSEROLE

4 slices bacon 1 can celery soup 1 can green beans, 1/4 c. onion drained 1/3 c. milk

Brown bacon, drain and crumble. Saute onion in grease. Blend in milk, soup and beans. Heat and top with bacon.

Kathy Johnson Sterling, KS

#### YAMS AND APPLES

1 (16 oz.) cans yams, cut in bite-size pieces (can use fresh yams)

1 (16 oz.) can chunk-style applesauce
1 tsp. ground cinnamon
1/2 c. margarine

Topping:

3/4 c. dark brown sugar 3/4 c. quick oatmeal 4 Tbsp. flour

Layer and top with crumbs. Bake at 350° for 30-40 minutes, uncovered. Serve plain or with topping.

Lavon Swink Elbing, KS

### ACORN SQUASH

acorn squash cinnamon salt butter

Place whole rinsed squash in cooker. Cover and cook on low 8-10 hours. Do not add water. Split and remove seeds when cooked. Sprinkle with salt and cinnamon and dot with butter. (May be split and wrapped with foil before baking.)

Ann Murphy

### BROCCOLI SUPREME

1 egg, slightly beaten
1 (10 oz.) pkg. chopped
broccoli

1 can cream-style corn 1 Tbsp. grated onion 1/4 tsp. salt 1/4 tsp. pepper

3 Tbsp. oleo

1 c. herb-seasoned stuffing mix

Combine egg, broccoli, corn, onion, salt and pepper. In saucepan, melt oleo. Add herb-seasoned mix, tossing to coat. Stir 3/4 cup mix into vegetable mixture. Turn into ungreased 1-quart casserole. Sprinkle top with remaining mix. Bake, uncovered, at 350° for 35-40 minutes.

Eula Crawford

# CREAMY SCALLOPED POTATOES (Crock-Pot Style)

2 lb. potatoes (about 6 medium)

1 small onion, thinly sliced

1/4 c. flour 1 tsp. salt 1/4 tsp. pepper 3 Tbsp. butter

1 (10 oz.) can mushroom soup

4 slices American cheese

Peel and thinly slice potatoes. Toss slices in:

1 c. water

1/2 tsp. cream of tartar

Drain. Put half of sliced potatoes in greased cooker. Top with half of onion slices, flour, salt and pepper. Add remaining sliced potatoes and onion. Sprinkle with remaining flour. Add butter and undiluted soup. Cover and cook on low 7-9 hours (high 3-4 hours). Add cheese slices 30 minutes before serving.

Ann Murphy

### ESCALLOPED EGGPLANT

1 medium eggplant
1/4 c. melted oleo
1 (10 1/2 oz.) can cream
of mushroom soup

3/4 c. cracker crumbs 1 small chopped onion 2 eggs, well beaten Peel and dice eggplant. Cook in boiling, salted water until tender. Drain and mash. Add oleo, cracker crumbs, onion, eggs and soup. Bake, uncovered, in 1 1/2-quart baking dish for 30 minutes at 350° or until mixture is set.

Gladys Dressler

### CROCK-POT BAKED POTATOES

No oven to heat up and they stay hot until you need them.

Prick up to 12 baking potatoes with fork and wrap in foil. Fill crock-pot with potatoes. Cover and cook on low 8-10 hours. Do not add water.

Ann Murphy

### HARVARD BEETS

1/3 c. sugar 2 Tbsp. flour 1/4 c. water 1/2 c. vinegar 1/2 tsp. salt 2 Tbsp. margarine 2 c. cooked beets

Mix sugar and flour together in saucepan.
Add water and vinegar. Cook on medium heat until
thick, stirring occasionally. Add salt, margarine and
diced beets. Cook until beets are heated through.

Becky McBeth

### FRESH GREEN BEANS

2 lb. fresh green beans, washed and cut up 4 c. water

1 tsp. salt 1/4 lb. ham or bacon pieces

Put all ingredients in cooker (crock-pot). Cover and cook on low 10-12 hours (high 2-4 hours). Stir occasionally.

Ann Murphy

### ZUCCHINI LUNCHEON CUSTARD

2 c. sliced zucchini 1 egg, slightly beaten

1/4 c. evaporated skim milk

2 Tbsp. finely shredded 1 Tbsp. dehydrated onion pimento

flakes dash of garlic salt

Arrange zucchini in 2 individual baking pans. Bake at 400° for 15 minutes. Combine remaining ingredients and mix well or mix in blender. Pour over zucchini in baking pans. Put pans into a larger pan holding water 1 inch deep and bake at 350° for 45 minutes. Makes 1 luncheon serving; supplement as required.

Variation: To supplement this luncheon, 1 ounce shredded cheese may be sprinkled over vegetables before egg mixture is poured over them. Other vegetables could be used in place of the zucchini.

Dorothy Seaton

### SUMMER SQUASH CASSEROLE

2 lb. yellow summer squash (unpeeled), sliced

1/4 c. chopped onion

1 can cream of chicken 1 stick melted oleo soup

1 c. sour cream

1 c. raw shredded carrots

1 (8 oz.) pkg. herb stuffing mix

Combine squash and onion. Add salted water to cover. Boil 5 minutes and drain thoroughly. Combine undiluted soup and sour cream. Add carrots. squash and onion and mix lightly.

Mix together stuffing mix and oleo. Spread half of stuffing mix in bottom of 9 x 13-inch pan. Spoon vegetable mixture on top. Sprinkle with rest of stuffing mix. Bake, uncovered, at 350° for 30 minutes.

Mrs. Vera Hacker Independence, MO

### CHEESE, PEAS AND BROCCOLI CASSEROLE

1 pkg. frozen peas, cooked and drained

1 pkg. frozen broccoli, cooked and drained

1 can mushroom or onion soup

1 small jar Cheez Whiz or diced cheese buttered cracker crumbs

Put vegetables in greased casserole. Add soup and cheese. Stir. Top with buttered cracker crumbs. Bake at 350° for 30 minutes. I like to put onion rings on top about the last 5 or 10 minutes of baking. Eula Crawford

### PEAS AND CHEESE

1 1/2 c. frozen peas

2 Tbsp. pimento cheese spread

Cook peas as directed on package and drain. Add cheese spread and let stand until heat from peas soften cheese. Mix well and serve hot. Erma Prigmore

### CABBAGE CASSEROLE

1 medium-sized head cabbage 2/3 c. rice 1 1/2 lb. hamburger

chopped onion salt pepper 1 large can tomatoes

As you place ingredients in pan, layer them with tomatoes on top. Add water during baking if need be or gets dry. Bake until cabbage is done, about an hour or so. Serve with salad. Real filling and tasty. Bake in 350° oven.

Irene Hart

### VEGETABLE MEDLEY

2 pkg. frozen cauliflower tomato slices 1 pkg. frozen peas and grated cheese carrots

White Sauce:

4 Tbsp. butter 3 Tbsp. flour

2 c. milk

Cook vegetables in small amount of water until thawed and drain. Arrange in buttered pan and cover with 2 cups White Sauce. Season. Arrange tomato slices on top and sprinkle with grated cheese. Bake in slow oven for 30 minutes.

You can use 1 can cream of mushroom soup with 1/3 cup milk. Mix with the soup and use in place of White Sauce.

Laura M. Stephens

#### SAUCY BAKED BEANS

3 (16 oz.) cans baked beans in sauce, drained (pork and beans)
1 medium onion, chopped
1 medium green pepper, seeded and chopped
1/2 c. brown sugar, packed

2 Tbsp. prepared mustard
1 tsp. Worcestershire sauce
1/2 c. smoky barbecue
 sauce
dash of Tabasco sauce
2 Tbsp. dried parsley
 flakes
4-6 slices cooked ham,
 diced

Combine all ingredients, except ham, in crock-pot and stir well. Sprinkle ham over top, pushing half down into beans. Cover and cook on low setting 4-12 hours (on high setting for 2-3 hours).

Note: If you want to cook beans the maximum time, do not completely drain liquid from canned beans.

Donna Wilkes

### TEXAS POTATOES

1 (2 lb.) pkg. hash brown potatoes, thawed2 cans cream of chicken soup1 c. grated American cheese 1 tsp. salt
1/2 c. chopped onion
1/2 c. melted butter
1 (8 oz.) carton sour cream
1/4 tsp. pepper

Mix all ingredients together, adding hash browns last. Pour in greased 9 x 13-inch pan. Bake at  $450^{\circ}$  for 50-60 minutes.

Bill and Carolyn Plummer Wichita Falls, TX

### POTATO CASSEROLE

8 medium potatoes (unpared) 1 bay leaf 1/4 c. butter, melted
 (1/2 stick)
1 1/2 c. dairy sour cream

1 can cream of chicken soup (undiluted)1/2 Tbsp. salt1/4 tsp. pepper 3 green onions
2 c. sharp Cheddar cheese, grated
1/4 c. crushed corn flakes

Cook potatoes in jackets with bay leaf and boiling, salted water until very tender. Cool, peel and grate coarsely. Add butter to soup and stir until smooth. Blend in sour cream, salt, pepper, green onions and 1 1/2 cups of grated cheese. Pour over potatoes and stir gently until blended. Spoon into buttered 2 1/2-quart casserole. Bake, uncovered, in moderate oven at 350° for 30 minutes. Combine 1/2 cup cheese with corn flake crumbs and sprinkle over casserole. Bake 10-15 minutes longer.

Donna Wilkes

### STUFFED BAKED POTATOES DELUXE

6 medium baking potatoes
1/2 c. dairy sour cream
1/4 c. butter or margarine

1/2 c. milk
1 tsp. salt
1/4 c. shredded Cheddar
cheese

Scrub potatoes and prick several times with kitchen fork. Bake in 425° oven until tender, 45-60 minutes. Cut slice from top of potato. Scoop out inside, reserving shells. Combine potatoes, sour cream, butter, milk and salt in mixer bowl. Beat until fluffy. Spoon into shells and sprinkle with cheese. Heat in 375° oven until hot and cheese is melted, 10-12 minutes. (When potatoes are refrigerated, reheat 20 minutes, adding cheese the last 3-4 minutes.) Makes 6 servings.

Joyce Manwarren Matthias Clearwater, KS

1/2 c. chopped onion

1/2 c. chopped green

### DO-AHEAD POTATO CASSEROLE

6 medium potatoes
2 c. shredded Cheddar
 cheese
1/4 c. oleo, melted
1 1/2 c. dairy sour

pepper 1/2 c. red pimento 1 tsp. salt 1/4 tsp. pepper

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cream

-49-

Cook potatoes, mash or grate. In large bowl, mix Cheddar cheese, melted oleo, sour cream, onion and green pepper together. Mix with potatoes. Turn into 13 x 9 x 2-inch baking dish. Cover and refrigerate overnight. Bake, uncovered, the next day for 30-45 minutes in 350° oven. Serves 12-15. Sprinkle with paprika before baking, if desired.

Eula Crawford

### POTATO CASSEROLE

1 large bag Ore-Ida hash browns 1 can cream of mushroom soup 1 (8 oz.) carton sour 1/2 stick oleo 1/2 c. chopped onion salt and pepper to taste 1 c. Cheddar cheese 1 c. American cheese. grated

Mix together and place in casserole dish. Bake 45 minutes. Add topping last 5-10 minutes.

Topping:

2 c. cornflakes

cream

1/2 stick melted butter

Mix together.

Kathy Johnson

### POTATO BAKE

O'Brien 1/2 c. shredded Cheddar 1/2 c. sour cream cheese

1 pkg. frozen potatoes 1 can mushroom or chicken mushroom soup

Mix well in casserole dish. Bake in 350° oven for 30 minutes.

> Jackie Folck Case Bloomington, IL

### POTATO CASSEROLE

1 can cream of mushroom soup 1/2 tsp. salt 1 c. milk

dash of pepper 1 Tbsp. minced onion 5 c. cooked potatoes 1/2 c. buttered bread crumbs

Cook and dice the potatoes. Combine soup, salt, milk, pepper and onion. Pour into an oiled casserole dish. Cover with bread crumbs. Bake at 350° for 30 minutes.

Mary Brown

### PARTY POTATOES

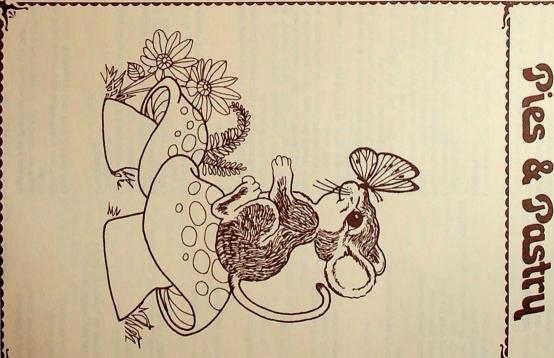
10 servings instant potatoes
1 (8 oz.) pkg. cream cheese

1 c. sour cream a little green onion Cheddar cheese

Make the potatoes with a little less milk. Mix cream cheese and sour cream and add to potatoes. Add a little green onion if you wish. Pour into greased casserole. Add grated Cheddar cheese and bake  $30 \, \text{minutes}$  at  $350^{\circ}$ .

Dan and Cindy Pyatt Kinsley, KS

\*\* EXTRA RECIPES \*\*



Breads, Rolls,

## **Baking Tips**

# COMMON PROBLEMS [Common Fallures]

Biscuits

Rough biscuits
Dry biscuits
Uneven browning

Breads (yeast)
Porous bread
Crust is dark and blisters just
under the crust
Bread does not rise
Bread is streaked
Bread bakes unevenly

Cakes

Cracks and uneven surface

Dry cakes

Heavy cakes Sticky crust Coarse grained cake

Fallen cakes

Uneven color

Uneven browning Cookies Uneven browning

Soggy Cookies
Excessive spreading of cookies

Muffins

Coarse texture

Tunnels in muffins, peaks in center and soggy texture

Pies

Pastry crumbles Pastry tough

Pies do not brown (fruit or custard) CAUSES OF PROBLEMS
[Causes of Fallures]

Insufficient mixing

Baking in to slow an oven and handling too much

much

Cooking in dark surface pan, too high a temperature and rolling the dough too thin

Over-rising or cooking at too low a temperature

Under-rising

Over-kneading or using old yeast

Under-kneading and not kneading evenly Using old, dark pans, too much dough in pan, crowding the oven shelf or cooking at too high a temperature

Too much flour, too hot an oven and sometimes from cold oven start

Too much flour, too little shortening too much baking powder or cooking at too low a temperature

Too much sugar or baking too short a period

Too much sugar

Too little mixing, too much shortening, too much baking powder, using shortening too soft, and baking at too low a temperature

Using insufficient flour, under baking, too much sugar, too much shortening or not

enough baking powder

Cooking at too high a temperature, crowding the shelf (allow at least 2 inches around pans) or using dark pans

Not mixing well

Not using shiny cookie sheet or not allowing at least 2 inches on all sides of cookie sheets in oven

Cooling cookies in pans instead of racks Dropping cookies onto hot cookie sheets; not chilling dough; not baking at correct temperature

Insufficient stirring and cooking at too low a temperature

Overmixing

Over-mixing flour and shortening Using too much water and over-mixing the dough Bake at constant temperature (400-425 degrees) in Pyrex or enamel pie pan

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### BREADS, ROLLS, PIES & PASTRY

#### PLAIN MUFFINS

2 Tbsp. butter or oleo 1/4 c. sugar 2 eggs 2 c. sifted all-purpose flour4 tsp. baking powder1/4 tsp. baking soda1 c. buttermilk

In a mixing bowl, cream butter or oleo. Gradually add sugar and beat until fluffy. Beat in eggs. Sift together dry ingredients and add to creamed mixture alternately with buttermilk. Turn into greased muffin cups. Bake until light brown.

One-half cup shredded cheese can be added

to muffin mixture.

Mina Kempke Kanopolis, KS

# CHOCOLATE CHIP MUFFINS (Daughter Of Virginia Belote Cates)

4 c. unsifted allpurpose flour
1 c. light brown sugar
4 tsp. baking powder
1/2 tsp. salt
1 1/2 c. milk

1/2 c. melted butter
1 Tbsp. vanilla
1 c. semi-sweet chocolate chips
1/2 c. chopped walnuts
1 Tbsp. sugar

Preheat oven to 375°. Grease and flour 12 muffin tins. Combine flour, brown sugar, baking powder and salt. Combine milk and eggs in measuring cup. Stir in melted butter and vanilla and pour into dry ingredients. Stir quickly with a fork until just combined. Add chocolate chips and nuts. Don't stir too much, just fold in. Pour into muffin tin and sprinkle with granulated sugar. Bake 15-20 minutes.

For a real treat, cut a muffin open while warm, put ice cream inside and serve with hot fudge sauce.

Jackie Folch Case Bloomington, IL

2 eggs

### CHUCK'S FAVORITE PANCAKES

1 1/3 c. sifted flour 1 3/4 tsp. baking powder 3/4 tsp. salt 1 egg, beaten

more if you like them thinner)

3/4 c. milk (or a little

3 Tbsp. melted shortening

Sift flour and salt together, also sugar. Beat baking powder in with eggs. Add eggs and baking powder with milk. Add this mixture to the flour. Stir all together, then add the shortening. If you fry these on an aluminum griddle, you need no grease. Chuck Smith

### BANANA BREAD (In Memory Of Jack And Nita)

1/2 c. oil 1 c. sugar 2 eggs 3 ripe bananas 2 c. flour 1 tsp. soda

1/2 tsp. baking powder 1/2 tsp. salt 3 Tbsp. milk 1/2 tsp. vanilla 1 c. chopped nuts

Beat eggs until blended. Mash bananas. Combine oil, sugar and eggs. Mix the eggs, bananas and milk together. Add the dry ingredients. Beat until creamy. Bake 1 hour at 350°. May be baked as a loaf or 2 dozen cupcakes.

> Othamo Simmons San Dimas, CA

### BANANA NUT BREAD

1 3/4 c. all-purpose flour 2 tsp. baking powder 1/4 tsp. soda 2/3 c. sugar

1/4 tsp. salt 1/3 c. butter 2 eggs (unbeaten) 1 c. mashed bananas 3/4 c. nut meats

Sift together in large bowl the first 5 ingredients. Add butter, eggs and mashed bananas. Beat on low until creamed, about 1 minute. Have coarsely chopped nuts ready to stir in just before stopping mixer. Bake about 45-50 minutes at 350° in buttered loaf pan.

Virginia Belote Cates Harvey, IL

### BANANA BREAD

2 c. flour 3 tsp. baking powder 1/2 tsp. salt 1/2 c. shortening

1 c. sugar 2 eggs 1 c. bananas, mashed 1 tsp. lemon juice

Sift together dry ingredients. Beat shortening, sugar and eggs until light and fluffy. Add dry ingredients, bananas and lemon juice. Pour into greased pan. Bake at 350° for 60-70 minutes.

Joyce Brady

### BANANA BREAD, THE BEST

1/2 c. shortening 1 c. sugar

2 eggs

1 c. mashed bananas (approximately 3) 1 Tbsp. lemon juice

2 c. flour

1 1/2 tsp. baking powder

1 tsp. salt

1/2 tsp. baking soda 3 Tbsp. sour cream 1 c. chopped pecans

Cream shortening and sugar. Beat in eggs, then bananas, sour cream and lemon juice. Sift flour, baking powder, salt and baking soda. Add to the mixture, stirring just to dampen flour. Fold in nuts. Pour into a greased and floured 9 x 5 x 3-inch pan. Bake at 350° for 50-60 minutes. Cool in pan 10 minutes. Makes 1 loaf.

Gordon R. Sharp Salina, KS

### BANANA BREAD

1/2 c. oleo 1/2 c. white sugar 1/2 c. brown sugar 3 Tbsp. sour milk 1 tsp. vanilla 2 eggs

1 tsp. soda 1/2 tsp. baking powder 1 c. mashed bananas 1/2 tsp. salt 2 c. flour

Cream oleo and sugar. Add beaten eggs. Mix in flour, baking powder and salt alternately with sour milk in which soda has been dissolved. Stir in mashed bananas. Bake in loaf pan 45 minutes at 350°. Kris Nelson

#### BUBBLE BREAD

1 (24 oz.) pkg. frozen dinner rolls

1 (3 oz.) pkg. butterscotch pudding (not instant) 1/2 c. brown sugar 1 tsp. cinnamon 1/4 tsp. nutmeg 1/2 c. chopped nuts 1 stick oleo

Place frozen dinner rolls in Bundt cake pan. Mix dry ingredients and sprinkle over rolls. Cut oleo into pieces and place on top of rolls. Cover and let rise overnight. Bake 30-35 minutes at 350°. Invert onto plate to serve.

Vickie Chadwell Ottawa, KS

### DATE NUT BREAD

1 tsp. soda 2 eggs 2 c. boiling water 4 c. flour

1 c. chopped dates salt

2 Tbsp. butter or oleo 1/2 c. chopped nuts

2 c. sugar

Mix dates with soda in mixing bowl. Add boiling water and let cool. Cream butter or oleo with sugar. Add eggs and beat well, then add date mixture alternately with flour and salt. Add nuts and vanilla. Pour into five No. 2 cans (ungreased). Fill 3/4 full. Bake at 325° about 30 minutes. Let cool in cans.

Mina Kempke

### DILLY BREAD

1 pkg. yeast 1 tsp. salt
1/4 c. warm water 1 tsp. soda
1 c. cottage cheese 1 egg
1 Tbsp. butter 2 tsp. dill seed
2 Tbsp. sugar 2 1/4-2 1/2 c.flour

Combine cottage cheese, butter, sugar, salt, soda, dill, egg and yeast. Beat well. Add half of the flour. Beat well. Knead remaining flour in and let rise. Put in pans to rise again. Bake at 350° for 30-40 minutes.

"I am the bread of life: he that cometh to me shall never hunger; and he that believeth in me shall never thirst." John 6:35

Irene Hart

### HAWAIIAN SWEET BREAD

6 1/2 or 7 c. flour
3/4 c. instant potato
flakes
2/3 c. sugar
1 tsp. salt
1/2 tsp. ginger
2 pkg. dry yeast

1 tsp. vanilla
1/2 c. water
1 c. milk
1/2 c. oleo
1 c. pineapple juice
 (room temperature)
3 eggs

Spoon flour lightly into cup to measure. In large bowl, combine 3 cups flour, potato flakes, sugar, salt, ginger, vanilla and yeast. In medium saucepan, heat milk, water and oleo until very warm (120°). Add warm liquid, pineapple juice and beaten eggs to flour mixture and beat until smooth. Add rest of flour or enough to make a stiff dough. Let rise until light and doubled. Punch down and divide into 2 round loaves. Bake at 350° for 30-45 minutes.

Donna Ellis Ness City, KS

### ITALIAN HERB BREAD

1 c. milk
1/4 c. margarine
1/4 c. sugar
1 tsp. salt
1/2 envelope Italian
 salad dressing mix

3 large Shredded Wheat biscuits, crumbled1 envelope yeast1 egg2 c. flour

In medium saucepan, heat milk and margarine until hot, but not scalded. In large bowl, mix sugar, salt, dressing mix and Shredded Wheat. Stir in milk mixture. When lukewarm, stir in yeast. Stir in egg, then flour and mix well. Cover with damp towel and let rise in warm draft-free place until double, about 1 hour. Punch down and knead 1 minute on floured surface. Cut in half, cover with bowl and let rest 15 minutes.

Shape each half in long rolled loaf. Place on greased cookie sheets. With sharp knife, cut several 1/2-inch deep diagonal slashes across tops. Cover with damp towel and let rise in warm, draft-free place until double, about 1 hour. Bake in preheated 350° oven for 30 minutes or until loaves sound hollow when tapped on bottom. Cool on racks. Good warm or cold.

Eva Marie Killingsworth Bonham Manter, KS

### SWEET POTATO BREAD

3 1/2 c. flour
3 c. white sugar
2 tsp. soda
1/2 tsp. salt
2 tsp. cinnamon
2 c. mashed sweet potatoes

1 c. oil
2/3 c. water
4 eggs
1 c. walnuts, chopped
1 c. dates, chopped

Sift dry ingredients. Add cooked sweet potatoes, oil and water. Beat well. Add eggs, one at a time, nuts and dates (we do not like it with the dates). Grease and flour four 1-pound coffee cans and fill 3/4 full. (I grease baby loaf pans so I can freeze it and use it along.) Bake at 350° for 1 hour. (If you use baby loaf pans, it won't take 1 hour to bake it.)

Marge Smith Ponca City, OK

### ZUCCHINI BREAD

2 c. sugar1 c. oil3 eggs2 c. grated, unpeeled zucchini1 Tbsp. vanilla

1 Tbsp. cinnamon
2 c. flour
1 tsp. soda
1/2 tsp. baking powder
1 tsp. salt
1 c. nuts

Blend sugar and oil. Add eggs and vanilla.

Add zucchini and dry ingredients. Add nuts last. Mix
well. Pour into 2 large greased loaf pans. Bake at
350° for 1 hour.

Vickie Chadwell Ottawa, KS

### BANANA NUT BREAD

1/3 c. shortening
2 eggs
1 tsp. baking powder
1/2 tsp. soda
1/2 c. chopped walnuts

1/2 c. sugar
1 3/4 c. sifted flour
1/2 tsp. salt
1 c. mashed over-ripe
bananas

Cream together shortening and sugar. Add eggs and beat well. Sift together dry ingredients and add to creamed mixture alternately with bananas, blending well after each addition. Stir in nuts. Pour into well-greased 9 x 5 x 3-inch loaf pan. Bake at 350° for 45-50 minutes or until done. Remove from pan and cool on rack. Wrap and store overnight.

Becky McBeth

### ZUCCHINI WALNUT BREAD

1 c. walnuts
4 eggs
2 c. sugar
3 1/2 c. flour
1 c. vegetable oil
1 1/2 tsp. baking soda

1 1/2 tsp. salt 1 tsp. cinnamon 3/4 tsp. baking powder 2 c. chopped zucchini 1 c. raisins 1 tsp. vanilla

Chop walnuts. Beat eggs. Gradually beat in sugar, then oil. Combine dry ingredients and add to first mixture, alternating with zucchini. Stir in raisins, walnuts and vanilla. Turn into 2 greased and floured loaf pans,  $9 \times 5 \times 2 \ 3/4$  inches. Bake on lowest rack at  $350^{\circ}$  for 55 minutes. Let cool 10 minutes and remove from pans.

Paula D. Marks, Missionary to France

### ZUCCHINI NUT LOAF

3 c. grated, unpeeled zucchini
3 c. sugar
3 eggs
1/2 c. cooking oil
4 1/2 c. flour
3 tsp. ground cinnamon

1 1/2 tsp. salt
1 1/2 tsp. baking soda
1 1/2 tsp. ground nutmeg
3/4 tsp. baking powder
3/4 tsp. grated lemon peel
1 1/2 c. chopped walnuts

Mix ingredients together and put in loaf pan.

Cool 10 minutes. Remove from pan and cool thoroughly.

Wrap and store overnight before slicing. Makes 3
loaves. Bake at 325° for 60-65 minutes.

Kris Nelson

### JALAPENO CORN BREAD

3 c. corn bread mix
(cinch)
2 1/2 c. milk
1/2 c. oil
3 eggs, beaten
1 large onion, grated
3 Tbsp. sugar
4 slices bacon

1 small can cream-style corn
1 button garlic
1/2 c. jalapeno pepper (more or less)
1 1/2 c. American cheese, grated

Bake at 400° for 25 minutes. So good with pinto beans.

Ernest and Sarah Hosier Clarksville, TX

### KOLACHES

Part 1:

2/3 c. sugar 2/3 c. shortening 1 1/2 tsp. salt 1 c. hot mashed potatoes

1 c. hot potato water

Part 2:

7 c. flour 1 cake fresh yeast or 1 pkg. dry yeast

1 tsp. sugar 1/4 c. lukewarm water 3 egg yolks

Put sugar and salt into large bowl. Add shortening. Add mashed potatoes. Pour hot potato water over all. In a cup, pour lukewarm water and add sugar. Add yeast and mix well with fork. When yeast rises to top of cup and first mixture is lukewarm, mix together with mixer. Add yolks and 2 cups flour. With mixer at high speed, beat about 7 minutes or until mixture is light. Now, add 5 more cups flour, about a cup at a time, and mix with a spoon until well blended.

There should be no lumps. Dough will not be as stiff as for bread. Oil a large bowl and turn dough into it. Brush top of dough with oil and cover with plastic wrap, then a towel wrung out in warm water. Set in warm place until double in bulk. Work down with a spoon. You can form dough into Kolaches at once or refrigerate. Dough will keep up to 5 days.

For Kolaches, cut dough in small pieces somewhat larger than walnuts, and roll in palm of hand. When they have risen and are light, make indentation in the middle and fill with favorite filling. Again, let rise in warm place and bake at 400° for 20 minutes.

Nancy Koehne

### SWEET DOUGH

1/2 gal. water (warm) 2 c. melted lard 2 c. sugar 1/2 c. yeast 6 egg volks

2 Tbsp. salt lots of flour

Dissolve yeast in water and sugar and let set. Mix yolks, lard and salt and mix with yeast mixture. Add lots of flour to make a dough. Let rise until double in size. Punch down and let rise until double again. Punch down and shape into bread, rolls, doughnuts or kolaches.

Jov Belote

### RAISED DOUGHNUTS

1 cake or pkg. yeast, dissolved in 1 pt. scalded milk 5 1/2 c. flour 4 egg volks

1 whole egg 1/2 c. sugar 1/2 c. oleo, melted and cooled 1 tsp. banana flavoring hot fat

### Glaze 1:

2 lb. powdered sugar 1 tsp. banana flavoring 1 c. hot water

### Glaze 2:

2 lb. powdered sugar 1 pkg. butterscotch or 1 tsp. banana flavoring caramel chips

Cool yeast and milk to lukewarm. Add 2 cups flour and let stand until bubbly. Add egg yolks and whole egg, sugar, oleo, flavoring and rest of flour. Mix well. Pour on bread board and knead well. Place dough in greased bowl and let rise until double in bulk. Then roll out and cut into doughnuts. Place on waxed paper in a warm place to let rise until doubled. Fry in hot fat until golden. Turn and fry on other side. Dip in glaze or shake some in bag with sugar.

For glaze, heat double boiler. Add ingredients

and dip in doughnuts. Place on rack to cool.

Stella Casey

### CINNAMON ROLLS

2 1/2 c. warm water brown sugar 2 pkg, yeast cinnamon 4 c. flour nuts

1 regular pkg. yellow cake mix

Dissolve yeast in warm water. Add cake mix and flour. Knead dough and let rise until double in size. Roll to 1/4-inch thickness and spread brown sugar, cinnamon and nuts on top. Roll and cut into 1/2-inch slices. Bake at 350° for 15-20 minutes.

Recipe may be cut in half for smaller yield. Irene Hart

### FOUNDATION SWEET ROLLS

1 1/2 c. milk 1 pkg. yeast

1/2 c. sugar 3 c. flour (approximately)

1/2 c. shortening 2 eggs

1 Tbsp. salt 1 tsp. grated lemon rind

2 tsp. sugar (if desired)

1/2 c. warm water (105°-110°)

Scald the milk. Add the 1/2 cup sugar, shortening and salt to the hot milk. Allow to cool to lukewarm. Dissolve thoroughly 2 teaspoons sugar in the

water. Add the yeast to the sugar water. Stir. Let stand 10 minutes. Add enough sifted flour to make a stiff batter, to milk mixture, about 3 cups. Beat the eggs and add to batter. Add lemon rind, if desired. Beat thoroughly. Beat in yeast mixture. Continue beating in flour until dough is smooth and can be lifted on the spoon, leaving the bowl clean.

Turn dough onto lightly floured board and cover with bowl 10 minutes. Knead until smooth. Place bread in bowl and cover with a tight lid. Let rise at 80° until doubled. Punch down. Let rest 10 minutes and then shape. Let double, then bake at 350° for 10-15 minutes. Serves 3 dozen.

Leon and Doris Manwarren Dodge City, KS

### BETTY'S OLD-FASHIONED ROLLS

3 c. warm milk
2 cakes yeast
1 c. sugar
1 c. liquid shortening

3 eggs melted margarine or soft spread cinnamon-sugar mixture

Dissolve yeast in 1/2 cup water. Add warm milk, sugar, shortening and beaten eggs. Mix thoroughly. Then add enough flour until dough is not sticky. Let rise in warm place until doubled in size. Take half of dough and roll out thin, 1/2 inch. Spread with soft margarine. Sprinkle with sugar and cinnamon. Roll up and cut with string into about 2-inch circles. Put in greased pan or cookie sheet and let rise to double. Do the same with the other half of the dough. Bake in 450° oven until brown. Glaze with 2 cups powdered sugar and enough water to make thin. Add flavoring. Makes 3 dozen large rolls. Ann Murphy

### 45-MINUTE WHEAT ROLLS

3 1/2 c. warm water 1 c. oil 1/2 c. honey 6 Tbsp. dry yeast 3 eggs 1 Tbsp. salt

6 c. whole wheat flour

6 c. flour

Mix water, oil, honey and yeast and let rest 15 minutes. Then add eggs, salt and flours. Knead

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5 minutes. Shape immediately into rolls, cinnamon rolls or buns. Place in greased pan. Let rise 10 minutes. Bake 15-20 minutes at 425°.

Use 1/2 cup oleo, 1 cup sugar and 1 tablespoon cinnamon for filling for 1/2 batch of cinnamon rolls.

Nancy Koehne

### BEST BREAD IN THE WORLD

1 c. milk 1/2 c. shortening 1/2 c. sugar 1 tsp. salt yeast 3 eggs 4 1/2-5 c. flour butter

Heat to a boil first 4 ingredients. Cool. Add 1 package yeast and eggs. Mix. Add flour gradually. Let rise until doubled in size. Punch down and knead. Make into rolls or loaves. Bake at 350° until brown. Spread top with butter.

This recipe also is great for cinnamon rolls.

Dorothy Smith

### DINNER ROLLS (Cool Rise)

2 c. flour 3/4 c. sugar

2 pkg. dry yeast

Mix with electric mixer. Combine and heat until very warm:

1 c. milk 3/4 c. water

1/2 stick oleo (1/4 c.)

Add to dry ingredients and mix. Add:

2 eggs (room temperature) 3/4 c. flour

Mix. Stir in enough flour to make stiff dough. Knead 8-10 minutes on floured board. Let rest 20 minutes. Make into rolls and place in greased pan. Cover with plastic wrap. Let rise in refrigerator 2-24 hours. Remove plastic wrap. Bake at 325° for 15-20 minutes.

Monahans, TX

### REFRIGERATOR ROLLS

6 Tbsp. sugar 1 tsp. salt 1 c. shortening 1 c. boiling water 2 eggs
2 pkg. yeast, dissolved in
1 c. warm water

6 c. flour

Mix first 4 ingredients. Let cool. Add eggs and yeast. Add flour and stir well. Refrigerate at least 6 hours. Make into rolls and let rise 3 hours. Bake until brown.

Richard Douglass

### ANGEL BISCUITS

1 pkg. yeast 1/4 c. warm water 2 1/2 c. flour 1/2 tsp. baking soda 1 tsp. baking powder 1 tsp. salt 1/8 c. sugar 1/2 c. shortening 1 c. buttermilk

Dissolve yeast in warm water and 1 teaspoon sugar. Add the rest of the ingredients. Roll out and cut. Let rise slightly. Bake at 400° until brown.

Kris Nelson

### RAISIN-PECAN BISCUITS

2 c. sifted regular flour
2 1/2 tsp. double-acting baking powder
1 tsp. salt

1/2 c. Crisco 2/3 c. milk 1/4 c. sugar 1 tsp. cinnamon

Preheat oven to 275°. In a bowl, mix flour, baking powder and salt. With a pastry blender or 2 knives, cut in Crisco until mixture looks like coarse meal. Add milk and stir just enough to hold dough together. Place on a lightly floured surface and knead lightly. Roll to a rectangle 10 x 8 inches. Sprinkle with mixture of sugar and cinnamon. Start at one longer side and roll up as for jelly roll. Pinch edges together. Cut into 1-inch slices. Arrange over Raisin-Pecan Topping in an 8-inch square or 9-inch round pan. Bake at 375° for 25-30 minutes. At once, turn upside down onto a rack or cookie sheet. Makes 8-10 biscuits.

### Raisin-Pecan Topping:

2 Tbsp. Crisco 1/2 c. brown sugar 1/4 c. dark corn syrup 1/2 c. pecans 1/4 c. raisins

In an 8-inch square or 9-inch round pan, melt Crisco. Add sugar and corn syrup and heat until the sugar dissolves. Sprinkle with pecans and raisins.

Ann Murphy

### SKY HIGH BISCUITS (Quick Breads)

2 c. flour 1 c. whole wheat flour 4 1/2 tsp. baking

powder 1/2 tsp. salt 3/4 c. margarine
1 c. milk
2 Tbsp. sugar
3/4 tsp. cream of tartar
1 egg, beaten

Combine dry ingredients. Cut in margarine. Add egg and milk. Stir briefly. Knead lightly on floured board and roll 1 inch thick. Cut and place on cookie sheet or pizza pan. Bake at 450° for 12-15 minutes.

Lavon Swink Elbing, KS

### OYSTER SNACKER CRACKERS

1 (11 oz.) pkg. oyster crackers 1/3 c. oil 1/2 tsp. Worcestershire sauce 1 Tbsp. grated Parmesan
 cheese
1 tsp. Italian seasoning
1/4 tsp. garlic powder
Parmesan cheese (if
 desired)

Place oyster crackers in single layer in ungreased 15 x 10-inch jelly roll pan. In small bowl, combine oil, Worcestershire sauce, Parmesan cheese, Italian seasoning and garlic powder. Pour over crackers and stir to coat. Bake at 325° for 10-15 minutes, stirring once. Sprinkle with Parmesan cheese. Cool completely. Makes about 6 cups.

Maxine Belong Byers Fargo, ND

### KRINGLER-NORWEGIAN STYLE

Base:

1 c. all-purpose flour 1 Tbsp. sugar 1/2 c. margarine or butter 1 Tbsp. water

Topping:

1 c. water
1/2 c. margarine or
butter
1 c. all-purpose flour

1 Tbsp. sugar 1/2 tsp. almond extract 3 eggs

In medium bowl, combine flour and sugar. Using pastry blender or fork, cut in margarine until particles are size of small peas. Sprinkle flour mixture with the water while tossing and mixing lightly with fork. Form dough into ball. Divide in half on ungreased cookie sheet and form dough into two 14 x 3-inch rectangles.

In saucepan, heat water and margarine to boiling. Remove from heat and add flour. Stir until smooth. Beat in sugar and extract. Add eggs, one at a time, beating well after each addition. Spread topping mixture over base. Bake at 375° for 30-35 minutes. In small bowl, combine:

1 c. powdered sugar
1 Tbsp. half and half

1 Tbsp. margarine or butter 2 or 3 tsp. almond extract

Drizzle over cooled Kringler. Serves 20.

Maxine Belong Byers

### KRINGLE

1/2 lb. oleo 2 c. flour

8 oz. sour cream pie filling

Mix oleo and flour like you would for a pie crust. Add sour cream. Blend and chill. Divide dough and roll one portion into 8 x 12-inch rectangle. Put on cookie sheet. Spread pie filling down center. Cutting at right angles, slash into 1-inch strips the

remaining dough. Crisscross over filling and seal ends. Bake at 400° for 20-30 minutes. Make thin powdered icing for topping.

Erma Prigmore

### APPLE PIE (In Memory Of Mae)

pastry for 2-crust pie 6 medium apples, sliced 1 Tbsp. cornstarch 1 tsp. cinnamon 1/2 tsp. salt 3 Tbsp. sugar

3 Tbsp. melted margarine all-purpose syrup 1/2 c. brown sugar 2 Tbsp. flour 2 Tbsp. softened margarine 1/4 c. nuts

Fill pie shell with apples. Combine cornstarch, cinnamon, salt, sugar, melted margarine and 1/3 cup syrup. Pour over apples. Cover with top crust. Bake in 425° oven for 45 minutes or until crust is browned and apples are tender. Remove from oven.
Mix brown sugar, flour, 3 tablespoons syrup,

softened margarine and nuts. Spread over crust. Return to oven. Bake 10 minutes or until topping is bubbly. Makes 6 servings.

Geo. Temple

### BLUEBERRY TOPPER

2 graham cracker crusts 1 tsp. vanilla 8 oz. cream cheese 1/2 c. nuts 1 c. powdered sugar 1 envelope Dream Whip 8 oz. cream cheese 1 small can crushed pineapple

1 can blueberry pie filling

Mix all ingredients together, except pie filling and crusts. Pour into graham cracker crusts and top with blueberry pie filling. Refrigerate until ready to serve.

Laura M. Stephens

### RAISIN PIE (100 Years Old)

1 c. raisins 1 c. sugar 1 Tbsp. flour 1 Tbsp. vinegar butter (size of walnut) 1 1/2 c. boiling water

pinch of salt

Combine raisins, sugar, flour, vinegar, butter and salt in boiling water. Roll dough and spread bottom crust with margarine. Add raisin mixture. Wet edges of crust with water. Bake in oven at 425° for 15 minutes, then lower heat to 350° and bake until brown. Seal edge down good.

Irene Hart

### FRESH STRAWBERRY PIE

Boil until dissolved the sugar, water and salt.
Dissolve cornstarch in cold water. Add to boiled
mixture. Cook until clear. Add strawberry gelatin
and food coloring. Cook until dissolved and thickened.
Cool. Slice strawberries in pie shell. Pour cooled
mixture over strawberries. Chill in refrigerator for
at least 2 hours. Garnish with whipped topping.
Kathy Johnson

### CHERRY CREAM CHEESE PIE

1 (6 oz.) Johnston's 1/3 c. lemon juice (fresh or bottled; not lemon extract)

1 (8 oz.) pkg. cream 1 tsp. vanilla cheese, softened 1 (21 oz.) can cherry pie

1 (14 oz.) can sweetened filling condensed milk (not evaporated milk)

Let cream cheese stand at room temperature until softened. In medium bowl, beat cream cheese until light and fluffy. Slowly add sweetened condensed milk, beating until smooth. Stir in lemon juice and vanilla until well mixed. Pour into crust. Chill 3 hours until firm and then top with cherry pie filling.

Makes 1 pie.

Ann Murphy

### CHERRY PIE WITH OATMEAL CRUST

Crust:

1 1/2 c. flour 1 c. brown sugar 1/2 c. quick oatmeal 3/4 c. oleo, melted

Filling:

2 c. frozen cherries 1/3 c. juice (add water if needed) 1/8 tsp. almond extract 1 Tbsp. butter

1/3 c. sugar 1/3 c. brown sugar 3 Tbsp. tapioca

For crust, mix all ingredients together and line pie pan with mixture. Save some for top crust.

For filling, combine all ingredients and let stand 15 minutes. Pour cherries into shell and crumble remain ing crust over top. Bake 1 hour at 300°.

Robin Oberle

### CRANBERRY APPLE PIES

pastry for 9-inch 2-crust pie 1 c. sugar 1/3 c. all-purpose flour 1 tsp. apple pie spice

2 c. Ocean Spray fresh whole cranberries

4 c. pared, sliced tart apples

2 Tbsp. butter or margarine

Preheat oven to 425°. Prepare pastry. In a large bowl, stir together sugar, flour and spice. Add apples and cranberries and mix to coat well. Turn into pastry-lined pie pan. Dot with butter. Cover with top crust. Cut slits in crust, seal and flute edges or prepare lattice crust. Bake 40-50 minutes. Cool. Ann Murphy

### MOCK ZUCCHINI APPLE PIE

zucchini 1 c. sugar 2 Tbsp. lemon juice

cinnamon 2 tsp. butter

Take zucchini, peel, clean out seeds and slice. Lightly mix lemon juice with sliced zucchini pieces and put into a double crust pie shell just like making apple pie. Add full cup of sugar and cinnamon and butter on top. Seal and bake until brown.

This is delicious and a good way to use extra

zucchini.

Irene Hart

### FRESH STRAWBERRY PIE

1 1/2 c. sugar 1 1/2 c. water 1/4 c. cornstarch dash of salt red food coloring 1 pkg. strawberry jello 1 pt. fresh strawberries

Combine sugar, cornstarch, water and salt and cook until clear and thick. Remove from heat and add coloring and jello. Stir well and let cool. Pour over strawberries in baked pie shell. Chill and serve with whipped cream.

Stella Casey

### FRESH STRAWBERRY PIE

1 pt. strawberries 1 c. plus 2 Tbsp. sugar 1 c. water 2 1/2 Tbsp. cornstarch strawberry jello 1 tsp. red food coloring 3 oz. soft cream cheese

Bake pie shell and cool. Wash and hull berries. Dissolve the sugar in the water and bring to a boil. Mix 2 1/2 tablespoons of water with the cornstarch. Stir into boiling mixture and cook until clear. Stir in 2 tablespoons plus 2 teaspoons strawberry jello and the red food coloring. Cook until lukewarm. Spread cream cheese on bottom of pie crust. Arrange strawberries, hulled side down, on cream cheese. Pour cooled glaze over berries and chill until firm. Top with Cool Whip or whipped cream before serving.

Elaine Davis Wetzig Monahan, TX

### PINEAPPLE PIE DELUXE

1 stick oleo 1 1/2 c. sugar 2 eggs 2 Tbsp. flour1 small can pineapple,half drained

Mix ingredients in order given. Pour into unbaked 8-inch pie shell. Bake at 350° for 40-45 minutes. Richard Killingsworth Newton, KS

### PECAN DELIGHT PIE

3 egg whites 1/4 tsp. baking powder 1 c. sugar

1 tsp. vanilla 14 Ritz crackers, crushed 1 c, chopped pecans

Beat egg whites and baking powder until stiff. Add sugar and vanilla. Beat until well blended. Fold in Ritz cracker crumbs and pecans. Butter a 9-inch pie plate well. Pour mixture into pie plate and bake 25-30 minutes at 350°. Cool and add one 8-ounce carton Cool Whip.

This is better if crust is covered with foil and let set in refrigerator overnight. Then add Cool Whip. Richard and Eva Plummer

Albuquerque, NM

### RHUBARB PIE

pastry for 9-inch double- 1/4 c. flour crust pie 3 eggs, slightly beaten 3 Tbsp. milk 2 c. sugar

1/2 tsp. nutmeg 4 c. cut rhubarb 1 Tbsp. butter

Beat eggs slightly. Add milk, sugar, flour and nutmeg. Mix well. Add rhubarb and pour into pie shell. Dot with butter before placing crust on top. Bake at 400° for 15 minutes. Reduce heat to 350° and bake approximately 40 minutes.

Tip: I use 1-2 tablespoons of fine bread crumbs (which have been oven toasted) sprinkled over the filling before adjusting the top crust. I use the blender for making bread crumbs from soft bread.

Maxine and Norman Byers Fargo, ND

### SOUR CREAM APPLE PIE

3/4 c. sugar 2 Tbsp. flour 2 c. apples, sliced 1 egg

1/2 tsp. vanilla 1/2 c. sugar 1/4 c. butter 1 tsp. cinnamon 6 Tbsp. flour

Mix 3/4 cup sugar, 2 tablespoons flour, apples, cream, egg and vanilla. Pour into a 9-inch unbaked pie shell. Bake 30 minutes at 400°. Top with mixture of 1/2 cup sugar, butter, cinnamon and 6 tablespoons flour and bake 10 minutes more.

Maxine Byers

### PERFECT CUSTARD PIE

4 eggs, slightly beaten 1/2 c. sugar 1/4 tsp. salt 1/2 tsp. vanilla

1/2 tsp. almond extract (optional)
2 1/2 c. scalded milk

Scald milk and cool to warm. Blend other ingredients. To avoid spills, add the last cup of filling just before you close the oven door.

Crust: You start with a neatly crimped 9-inch pie shell, unbaked. Be sure there are no holes or bubbles under the pastry. Let pie shell chill while you make filling. Bake at 400° for 25-30 minutes.

Sprinkle with nutmeg. Set on a rack to cool 30 minutes. Then chill in refrigerator. Also good

warm.

Sarah Hosier Clarksville, TX

### GRAHAM CRACKER CUSTARD

12 graham crackers, rolled fine 1/2 tsp. nutmeg 1/2 tsp. cinnamon 2 Tbsp. brown sugar 2 Tbsp. butter 2 egg yolks

1/3 c. sugar

1/2 c. milk
1 envelope Knox gelatine
1/2 c. cold water
1 tsp. vanilla
2 egg whites
1 c. whipping cream,
 whipped

Combine egg yolks, sugar and milk. Cook until it coats a spoon. Do not overcook. Soak gelatine in water and add to custard. Remove from heat. Add

vanilla and cool until it begins to thicken. Add egg whites, beaten stiff. Fold in whipped cream.

Mix crackers, rolled fine, with nutmeg, cinnamon brown sugar and butter. Put a little more than half of mixture in bottom of pan. Pour custard over cracker mixture. Sprinkle remaining crumbs on top.

I always double the recipe and use a 9 x 13-inch

pan.

Beth Belong De Vries Mansfield, TX

### QUICK COBBLER

1-2 cans pie filling 1 pkg. Jiffy cake mix 1/2 c. oleo

Place pie filling into 9 x 9-inch baking dish and sprinkle dry cake mix over it. Cover dry mix with oleo slices. Bake at 350° for 1 hour.

Vickie Chadwell Ottawa, KS

### QUICK COBBLER

1 c. flour
1/2 c. sugar
1 tsp. baking powder
pinch of salt
1 1/2 c. milk

1 tsp. vanilla
2 Tbsp. butter
2 c. strawberries, sweet-

c. strawberries, sweet ened, or other fruit

Mix all ingredients, except butter and fruit.

Melt butter in baking dish. Pour excess melted butter into mixture and mix well. Batter will be thin. Pour into baking dish. Spoon sweetened berries over batter. Batter will rise to the top and the fruit on the bottom. Bake at 375° for 20 minutes or until brown.

Erma Woods Medlam

### FRUIT COBBLER

1 can fruit filling

1 stick butter

Batter:

1 c. flour 1 c. sugar 1 tsp. baking powder 1/2 tsp. salt 2/3 c. milk

-74-

Melt butter in 9 x 13-inch pan. Pour fruit over butter. Beat together batter and pour over fruit\_Bake for 45 minutes or until top browns.

Kathy Johnson

### CROCK-POT CEREALS

oatmeal, cracked wheat, 1 Tbsp. butter or cornmeal mush or grits margarine

Rub crock wall with butter or margarine. Follow package directions for quantity of water and salt per cup of cereal. Cover and cook on low for 8-9 hours (do not use quick-cooking cereal varieties).

Most varieties of cereal work best using a 2 to 1 ratio: 4 cups water to 2 cups cereal. Cook through the night and wake up to an instant breakfast.

Ann Murphy

\*\* EXTRA RECIPES \*\*

# 20W-Calorie Dishes



### Weights, Measures and Equivalents

### EQUIVALENTS

Dash less than 1/8 teaspoon
A few grains less than 1/8 teaspoon
1 coffee spoon
3 teaspoons
2 tablespoons
4 tablespoons
5 tablespoons 1/3 cup
1 ½ ounce
½ jigger 1 pony
16 tablespoons 1 cup
1 cup
2 cups
2 pints 1 quart
4 cups l quart
4 quarts 1 gallon
8 quarts l peck
4 pecks
16 ounces
1 pound
2 pounds, 2 ounces 1 Kilogram
1 cup baking powder
1 cup baking powder 5 ½ ounces
1 pound flour
all purpose4 cups
cake
Graham 3 ½ cups
1 pound butter 2 cups
1/2 pound butter 2 sticks
1 stick butter ½ cup or 8 Tbsps.
1/4 pound grated cheese
1 pound cheese 2 <sup>2</sup> / <sub>3</sub> cups
1 pound brown sugar (1 box)2 1/2 cups
1 pound confectioners (1 box)2 1/2 cups
1 pound granulated sugar 2 cups
1 pound cube sugar 96-160 cubes
1 pound seeded raisins 2 1/2 cups
1 pound seedless raisins 3 cups
1 pound coffee 5 cups
vield 40-50 cups of coffee
yield 40-50 cups of coffee 1 pound rice 2 cups
yield 3-4 cups cooked rice
1 pound cocoa4 cups
1 pound cocoa 4 cups
1 square chocolate 1 ounce
or 3 tablespoons grated chocolate
½ pound
marshamllows 16 marshmallows
pound crab meat 2 cups
pound pitted dates 2 cups
pound figs (chopped)3 cups
Lamin - Pa (anolham)

#### **EQUIVALENTS**

1 pound nut meats (chopped) 4 cups
1 cup noodles 1 1/2 cups when cooked
l egg
5 eggs l cup
9 eggs1 pound
7-9 egg whites 1 cup
12-14 egg yolks
1 lemon, ave. size 3 tablespoons juice
5-8 medium lemons 1 cup
1 lemon rind 1 tablespoon, grated
1 orange 2-3 tablespoons juice
3-4 medium oranges 1 cup juice
1 orange rind 2 tablespoons, grated
4 medium tomatoes 1 pound
3 large bananas (skin on) 1 pound
2 quarts apples 3 pounds
4 medium potatoes 1 pound
1 pound peas, in pod 1 cup when shelled
23 soda crackers
15 graham crackers 1 cup crumbs
1 pound commeal 3 cups
1 pound cornstarch 3 cups

### A MINERAL PRIMER

Mineral	Use	Best Sources
Iron	For healthy red blood cells.	Dried Fruits, liver, lean peas or beans, green vegetables, molasses, eggs.
Calcium	For strong bones and teeth	Cheese, milk, leafy greens
Phosphorus	For develop- ment of healthy bones and teeth.	Cereals, cheese, eggs, milk, meat, fish, dried peas or beans.

### LOW CALORIE DISHES

### LOW CHOLESTEROL EGG SUBSTITUTE

3 Tbsp. nonfat dry milk powder whites from 6 large eggs 4 drops yellow food coloring

Sprinkle powder over egg whites and beat with fork until smooth. Blend in food coloring. Same as 3 large eggs.

Erma Prigmore

### SPAGHETTI SQUASH SLAW

2 lb. spaghetti squash6 cherry tomatoes, cut in halves1/2 c. chopped pepper2 Tbsp. chopped onion

2 Tbsp. vinegar 2 Tbsp. vegetable oil 1 tsp. salt dash of pepper

Pierce squash several places and bake at 350° until tender, about 1 hour. Can be used immediately or refrigerated for later use. Lay squash on side and horizontally cut off top 1/3. Discard seeds and scoop out pulp. Reserve bottom shell. Add ingredients and toss. Spoon into shell. Cover and chill overnight or at least 2 hours.

Dwight Small Charlston, SC

### WEIGHT WATCHERS TABOULI

2 oz. uncooked cracked
 wheat (bulgur)
1/3 c. warm water
1/4 c. lemon juice
2 tomatoes, diced
1/4 c. pepper

1/4 c. onion
1/4 c. parsley
1 Tbsp. olive or vegetable
 oil
1/2 tsp. salt
dash of pepper

Combine wheat, water and lemon juice. Cover and refrigerate until liquid is absorbed. Add remaining ingredients. Serve cold.

Erma Prigmore

### SUGARLESS FRUIT COOKIES

1 c. raisins
1/2 c. chopped dates
1/2 c. chopped apple
1/2 c. chopped carrots
1 stick oleo

1/2 c. water

2 eggs
3 tsp. vanilla
1 tsp. soda
1 1/2 c. flour
1/2 c. nuts

Boil raisins, dates, apple and carrots 3 minutes in the water and oleo. Let cool. Add the rest of the ingredients and stir. Drop on greased sheet. Bake at 350° for 10 minutes. Refrigerate.

Treva Douglass

### WEIGHT WATCHERS CAKE

6 eggs, separated
1 egg (whole)
6 Tbsp. sugar substitute

1 tsp. lemon extract 2/3 c. powderd milk

Beat the yolks of 6 eggs plus the whole egg together. Add sugar, lemon and milk powder. Whip egg whites until stiff. Fold egg mix into egg whites. Spoon into tube pan. Bake at 350° for 35 minutes. Cool for 45 minutes.

Erma Prigmore

### WEIGHT WATCHERS PEANUT-CORN CRUNCH

1 c. prepared popcorn 2 Tbsp. raisins 1 1/2 tsp. sunflower seeds

3 Tbsp. chunky peanut butter

Combine first 3 ingredients in small nonstick pan. Heat peanut butter until soft. Pour over popcorn mixture to coat. Line muffin pan with wax paper cups. Fill and refrigerate about 30 minutes.

Erma Prigmore

### LO-CAL BERRY SHAKE

1 c. low-fat milk sweetener to equal 1/4 c. sugar 3/4 c. unsweetened frozen fruit 1/2 tsp. vanilla

Shake the ingredients together or use blender to  $\ensuremath{\mathsf{mix}}\,.$ 

Erma Prigmore

### WEIGHT WATCHERS CRAN-ORANGE RELISH

1/2 c. cranberries1 Tbsp. thawed frozen orange juice concentrate

2 tsp. orange marmalade 1 tsp. sugar

Blend until pureed. Serve or refrigerate. Erma Prigmore

### DIABETIC APPLE JELLY

4 tsp. unflavored gelatin2 c. unsweetened apple juice

2 Tbsp. liquid sweetener 1 Tbsp. lemon juice yellow food coloring

Soften gelatin in 1/2 cup apple juice. Bring remaining juice to a boil. Remove from heat and add softened gelatin to dissolve. Add sweetener, lemon juice and coloring. Bring to a rolling boil. Pour into clean jars and seal. Refrigerate. Contains 9 calories per tablespoon. Makes 2 cups.

Erma Prigmore

### CHICKEN CASSEROLE

4 oz. cooked chicken 1 c. cooked rice 2 oz. cheese 1 c. fresh or canned mushroomsonion, chopped1-2 c. cooked broccoli

Put all ingredients in skillet and warm. Makes 2 servings.

Reverend Gary Wilkes

## Desserts



### **Substitutions**

1 c. whole milk	½ c. evaporated milk and ½ c. water ½ c. condensed milk	1 c. sifted cake flour	1 c. minus 2 T. sifted all-purpose flour
	and ½ c. water (reduce sugar in recipe)	1 c. sifted all- purpose flour	1 c. plus 2 T. sifted cake flour
	4 T. powdered milk and 1 c. water.	1 whole egg	2 egg yolks, plus 1 T. water (in cookies, etc.)
	4 T. nonfat dry milk plus 2 t. shortening and 1 c.		or 2 eggs yolks (in custards, etc.)
	water	1 c. canned tomatoes	1 1/3 c. cut-up fresh tomatoes, simmered 10 min.
1 c. sour milk	1 c. sweet milk and 1 T lemon juice or vinegar	1 c. molasses	1 c. honey
	1 c. sweet milk mixed with 1 T. lemon juice or	1 c. honey	¾ c. sugar plus ¼ c. liquid
	1 T. vinegar or 1 1/4 t. cream of tartar	1 c. granulated sugar	1 1/3 c. brown sugar or 1 1/2 c. powdered sugar
1 c. sweet milk	1 c. sour milk or buttermilk plus ½ t.	1 t. baking powder	¼ t. baking soda plus ½ t. cream of tartar
1 c. sour, heavy cream (for sour milk recipe)	baking soda ½ c. butter and ½ c. milk	1 lb. commeal 1 lb. comstarch 1 lemon rind 3-4 med. orange	3 cups 3 cups 1 Tbsp. grated s 1 cup
1 c. sour, thin cream (for sour milk recipe)	3 T. butter and ¾ c. milk	1 orange rind 23 soda crackers 15 graham crack	2 Tbsp. grated 1 cup crumbs
1 c. butter or margarine	4/5 c. bacon fat (clarified), increase	Size	s of Cans
(for shortening)	liquid in recipe ¼ c. ¾ c. chicken fat (clarified), increase liquid in recipe ¼ c.)	No. 1 can	1 ½ cupfuls used for baked beans, meats, soups, fruits, vegetables.
	7/8 c. cottonseed, corn, nut oil (solid or liquid)	No. 1 (tall)	2 cupfuls
	7/8 c. lard and salt ½ c. suet and salt (increase liquid in recipe	No. 2 can	2 ½ cupfuls used for beans, peas and corn.
1 1-oz. square unsweetened chocolate	¼ c.) 3 T cocoa plus ¼ T. shortening	No. 2 ½ can	3 ½ cupfuls used for tomatoes, spinach, beets and pumpkin.

1 T. cornstarch

(for thickening)

1 T. flour

2 T. flour (approx.)

(for thickening) 1 T. minute tapioca or 1

or 2 egg yolks

1/2 to 3/3 T. cornstarch or

whole egg, 2 egg whites

No. 3 can

No. 10 can

No. 5 can

4 cupfuls

juice.

I gallon used for both

fruits and vegetables.

7 cupfuls (almost 1/2

gallon) used for fruit

### DESSERTS

### BAKED APPLES

8-10 medium baking apples, washed and cored

1/4 c. sugar 1 tsp. cinnamon 2 Tbsp. butter

2 Tbsp. raisins

Mix raisins and sugar. Fill center of apples. Sprinkle with cinnamon and dot with butter. Place apples in cooker (crock-pot), stacking to fit. Add 1/2 cup water. Cover and cook on low overnight or 8 hours.

Ann Murphy

### CRANBERRY CLUSTERS

3/4 c. flour 1/2 tsp. salt

1/2 tsp. baking powder

Mix together in large bowl. Add:

2 c. whole fresh cranberries

1 c. dates, chopped 3 1/2 c. nut pieces

Toss until each fruit and nut are evenly coated with flour mixture. Beat in small bowl until light and fluffy:

2 eggs 3/4 c. sugar 1 tsp. lemon extract

Pour over fruit and nut mixture. Mix thoroughly to coat fruit and nuts. Use small size nonstick muffin tins, dropping a heaping tablespoonful in each. Bake at 350° for 15 minutes or until done.

Mina Kempke

### FRUIT SCOOP

2 c. sugar 2 c. flour 1/4 tsp. salt 1 tsp. cinnamon 1 tsp. baking powder

1 tsp. soda
2 eggs
2 tsp. vanilla

1/2 c. melted oleo

4 c. apples

2450-86 -81-

Mix first 6 ingredients. Add eggs, oleo and vanilla. Stir until mixed. Mix in apples and nuts. Bake. Sprinkle with powdered sugar. Substitute fruit cocktail for apples. Delicious with vanilla ice cream. Bake at 350° for 30-40 minutes.

Jov Belote

### CREAM PUFFS

1 c. boiling water 1 c. flour 1/2 c. oleo 1/2 tsp. salt

4 eggs

Boil water with oleo and salt. Add flour, all at one time. Remove from heat. Add eggs, one at a time. Bake until they are dry and show no signs of moisture. Bake at 400° for 30 minutes, then at 350° for 10 minutes.

Kris Nelson

### NO-BAKE CHEESECAKE

Graham Cracker Crust:

1 1/4 c. graham crackers 1/4 c. sugar 1/3 stick oleo

Filling:

8 oz. cream cheese 15 oz. condensed milk 1 tsp. vanilla

1/2 c. lemon juice

To make crust, combine ingredients in bowl. When well mixed, line the bottom of a 9-inch pie pan. Bake at 375° for 8 minutes.

For filling, beat ingredients in mixer and pour into shell. Refrigerate at least 3 hours before serving. Garnish top with any fruit-flavored pie filling.

Erma Prigmore

### CHEESE CAKE

1 c. sugar 1 box lemon jello 1 (8 oz.) pkg. Philadelphia cream cheese

Make graham cracker crust first, using 9 x 13inch pan. Let cool in refrigerator. Dissolve jello in I cup boiling water and let set until thick syrup. Blend cream cheese and sugar. Whip chilled Pet milk until stiff. Add cream cheese mixture and jello to whipped milk. Whip and pour immediately into crumb crust. Garnish with graham cracker crumbs. Chill several hours before serving.

Mrs. Vera Hacker

### CHOCOLATE ZUCCHINI CAKE

2 1/2 c. flour 3 eggs 1/2 c. cocoa 1/2 c. milk 2 1/2 tsp. soda 2 tsp. vanilla 1 tsp. salt 2 tsp. grated orange peel 1 tsp. cinnamon 2 c. shredded, peeled 3/4 c. margarine zucchini 2 c. sugar

Combine flour, cocoa, soda and salt. Set aside. Beat margarine and sugar together, then add eggs, one at a time. Beat. Stir in vanilla, orange peel and zucchini. Alternately stir in dry ingredients and milk. Pour into greased and floured pan and bake in 350° oven for 50-60 minutes.

Ann Murphy

### CHEESE CAKE

1 (3 oz.) pkg. lemon 1 (8 oz.) pkg. cream cheese iello 1 c. boiling water 1 tsp. vanilla 3 Tbsp. lemon juice 1 c. sugar 1 can Pet milk, chilled

Crust:

1 1/2 c. graham crackers 1 stick oleo, melted

Dissolve lemon jello, water and lemon juice. Refrigerate until it starts to set. Cream together

cream cheese, vanilla and sugar. Whip jello mixture and Pet milk, then add cream cheese mixture. Mix oleo and graham crackers together and put in loaf pan. Pour jello mixture over crust. Top with 1 or 2 cans cherry pie filling or leftover graham crackers. Let set overnight in refrigerator.

Nancy Koehne

### PEACH BAVARIAN

1 (3 oz.) pkg. peach
jello
1 c. boiling water
1/4 c. sugar

1 (29 oz.) can sliced peaches, well drained 1 tsp. almond extract 1 (4 1/2 oz.) carton Cool Whip

Dissolve peach jello and sugar in boiling water. Chill until slightly thickened. Reserve 1/3 cup peach syrup and add just before completely thickened jello. Fold in peaches. Chill 4-5 hours before serving.

Makes about 10 servings.

Bob and Sarah Plummer Albuquerque, NM

### BANANA BOAT DESSERT

1 (3 1/4 oz.) pkg. vanilla pudding and pie filling mix 1/2 c. heavy cream, whipped 2 bananas, sliced
1 1/2 c. miniature marshmallows or 15 Jets marshmallows
vanilla wafers

Prepare pudding mix as directed. Cover surface of pudding with transparent wrap. Chill. Fold in whipped cream and miniature marshmallows. (Quarter Jets into pudding mixture, using scissors dipped in water.) Line bottom and sides of 10 x 6-inch baking dish with wafers. Pour in half of pudding mixture. Cover with banana slices and top with remaining pudding. Chill. Yields 6 servings.

Becky McBeth

### HEAVENLY HASH

2 1/2 c. Cool Whip 1/2 c. coconut

1/2 c. chopped nuts 1 pkg. lemon jello well drained

1 c. miniature marshmallows

1 small can pineapple, 1 can fruit cocktail, well drained

Place Cool Whip in a large bowl. Add pineapple, fruit cocktail, jello powder, coconut, nuts and marshmallows. Fold in only enough to mix well. Refrigerate until ready to serve.

David and Carol Woods Chouteau, OK

### PINEAPPLE SQUARES

2 c. flour

2 eggs

2 tsp. soda

1 (15 oz.) can crushed 1 c. chopped nuts pineapple

2 c. sugar 1/2 tsp. salt 2 tsp. vanilla

Do not drain pineapple. Combine all ingredients, except nuts, in mixing bowl. Beat until smooth. Add nuts and pour into greased jelly roll pan. Bake at 325° for 25-30 minutes. Ice.

### Icing for Pineapple Squares:

1 cube margarine 2 c. powdered sugar 1 (8 oz.) pkg. cream 2 tsp. vanilla cheese

Combine softened margarine and cream cheese with powdered sugar and vanilla. Blend until smooth. Spread on bars and cut into 2-inch squares.

Ann Murphy

### DELICIOUS LEMON DESSERT

Layer 1:

1 1/2 c. flour

3/4 c. melted butter

Layer 2:

1 (8 oz.) pkg. cream cheese

1 c. Dream Whip or whipped cream 1 c. powdered sugar

2450-86

-85-

Layer 3:

2 boxes instant lemon 2 1/2 c. milk pudding

Mix ingredients for first layer and pat down in cake pan. Brown in oven for 15 minutes at 350°. Let cool. Mix ingredients for layer 2 and spread over first layer. Next, mix pudding and milk and pour over layer 2. Top with whipped cream and serve. Can top whipped cream with maraschino cherries, if wish. Irene Hart

### SWISS CHERRY CHEESE TORTE

1 pkg. Duncan Hines Deluxe Swiss chocolate cake mix

1 (21 oz.) can cherry pie filling

4 oz. cream cheese 2 tsp. lemon juice

1 can Duncan Hines creamy vanilla frosting (I use Betty Crocker)

Bake two 8-inch round cake layers according to instructions on the box. Split each layer, when cooled, into 2 thin layers. (I use a 9 x 13-inch pan most of the time.)

For luscious filling, beat together cream cheese and lemon juice until smooth. Fold in vanilla frosting. Simply spread frosting mixture and cherry filling between layers and on top of cake. (On a 9 x 13-inch cake, I spread the frosting mixture on first and then put the cherry filling on top.) Refrigerate until dessert time. Makes 12-16 servings.

Marge Smith Ponca City, OK

### LOUISIANA YUMMY

First Layer:

2 sticks oleo 2 c. flour

3/4 c. nuts, chopped

Cool each laver. Melt oleo in 9 x 13-inch pan. Add flour and nuts. Pat out flat in bottom of pan. Bake 15 minutes at 350°.

### Second Layer:

1 (8 oz.) pkg. cream cheese

1 c. Cool Whip 1 c. powdered sugar

Beat softened cheese and add sugar. Beat smooth. Add Cool Whip and spread on first laver.

### Third Laver:

1 (3 oz.) box instant 1 (3 oz.) box instant chocolate pudding

vanilla pudding

Mix all and beat 2 minutes on low speed. Spread on second laver.

Fourth Layer: Spread on remaining Cool Whip. Sprinkle 1/4 cup chopped nuts on top. Refrigerate.

Marge Smith Ponca City, OK

#### DANISH SWEET SOUP (Dessert Or Appetizer Or Breakfast Fruit)

1 c. golden raisins\* 1 c. dark raisins\*

1 c. dried prunes \*

1 qt. water

1 1/2-2 sticks cinnamon

1 c. sugar

1/4 c. Minute tapioca

1 fresh lemon

\*You may use any combination of dried fruits. Soak fruit in water several hours or overnight. Add cinnamon stick and sugar. Bring to a boil and simmer in the water used to soak until tender, but not overcooked. Spoon fruit from juice and set aside. Add tapioca to juice and squeeze 1/2 lemon juice into the juice mixture. Reserve the center half of the lemon for very thin slices to garnish soup with. Stir juices, tapioca and sugar together and let rest 1/2 hour. Return to heat and boil, stirring constantly, until tapioca is transparent. Return fruit to juice mixture.

This soup can be hot or cold as dessert or for breakfast fruit. For cold dessert, serve in sherbet glass and top with whipped cream, cherry and nuts. Lavon (Mrs. H. Carl) Swink

### BREAD PUDDING

3 c. packed, cubed dry bread1 c. dried apricots, chopped1/2 c. dried apples, chopped

1/2 c. chopped nuts 3 eggs, beaten 3 c. milk 1/2 c. brown sugar 1/2 tsp. cinnamon or nutmeg

Place bread cubes in large baking dish. Combine remaining ingredients. Pour mixture over bread. Pour 1/2 inch of hot water into loaf pan. Put in oven with pudding. Bake at 350° until knife inserted comes out clean, about 1 hour. Cool. Top with Lemon Sauce.

### Lemon Sauce:

1/3 c. sugar 1 c. water 1 Tbsp. cornstarch 3 Tbsp. butter or oleo 2 Tbsp. lemon juice dash of salt

Combine sugar and cornstarch. Add water, mixing well. Cook over medium heat until mixture thickens. Remove from heat. Add butter or oleo, lemon juice and salt. Serve warm over pudding.

Makes 1 1/2 cups of sauce.

Mina Kempke

### BREAD PUDDING

3 c. packed, cubed dry bread1 c. dried apricots, chopped1/2 c. dried apples, chopped

1/2 c. chopped nuts
3 eggs, beaten
3 c. milk
1/2 c. brown sugar
1/2 tsp. cinnamon or
nutmeg

Place bread cubes in large baking dish. Combine remaining ingredients and pour over bread mixture. Pour 1/2 inch of hot water into loaf pan, letting water come up the sides, but not overflowing. Bake until knife inserted comes out clean.

Mina Kempke

#### CROCK-POT OLD-FASHIONED RICE PUDDING

2 Tbsp. butter or margarine

2 c. half and half or milk, scalded and cooled to lukewarm

3 eggs

2/3 c. sugar 2 tsp. vanilla 1 1/2 c. cooked rice 2/3 c. white raisins 1/2 tsp. nutmeg

Grease stoneware of cooker with butter or margarine. Beat half and half, eggs, sugar and vanilla with electric mixer. Stir in rice and raisins. Pour into cooker. Sprinkle nutmeg over top. Cover and cook on high 30 minutes. Stir well and turn to low 2-3 hours.

If desired, stir in 1/2 each crushed pineapple, slivered almonds and cream before serving.

Ann Murphy

#### CHRISTMAS CASSEROLE COOKIES

2 eggs 1 c. sugar 1 c. coconut 1 tsp. vanilla

1 c. English walnuts

1/4 tsp. lemon flavoring

1 c. dates, cut up

Beat eggs and add sugar gradually. Place in a 2-quart ungreased casserole. Bake 30 minutes at 350°. Stir while hot. Let cool. Make small balls and roll in powdered sugar.

Note: No flour.

Erma Prigmore

## MOTHER'S PFEFFERNEUSSE

3 eggs

1 c. sugar 1/2 tsp. salt

1 c. flour

1/2 tsp. cinnamon

1 tsp. vanilla

1 c. ground citron

1 c. blanched almonds

1 c. candied fruit

Beat eggs very well. Add sugar, a little at a time, until all is dissolved. Combine salt, flour and cinnamon and add to the egg mixture. Beat 10 minutes. Add vanilla and a few drops each of lemon and almond

flavoring. Add citron, almonds and candied fruit. Drop by teaspoon on greased and floured cookie sheet. Bake in slow oven. Brown very slightly. They will be hard.

H. J. Matthias

## SOUR CREAM COOKIES

1 c. butter 1 c. sour cream 3 eggs 2 c. sugar 1/2 c. milk flavor to taste 1 tsp. soda 1 tsp. baking powder flour

Mix all ingredients with enough flour to make a soft mix. Drop by spoonfuls on cookie sheet. Bake. Makes quite a large amount.

Dorothy Seaton

#### OVERNIGHT COOKIES

1 1/2 c. brown sugar 1/2 c. white sugar 2 eggs, well beaten 1/2 tsp. salt 1/2 c. lard 1 1/2 tsp. soda 1 1/2 tsp. cream of tartar 3 c. flour 1/2 tsp. vanilla 1/2 c. nuts

Mix and mold in loaf. Let stand overnight in refrigerator. Cut in thin slices and bake at  $350^{\circ}$  for 10-12 minutes.

Eva Killingsworth Newton, KS

## WHITE COOKIES

3 c. sifted flour 2 tsp. cream of tartar 1 tsp. soda 1/2 tsp. salt 1 c. Crisco
2 eggs
1 c. sugar
1 tsp. vanilla

Sift dry ingredients in a large bowl. Cut in shortening until of consistency of fine crumbs. Beat eggs slightly with sugar and vanilla. Add to flour mixture and mix well. Shape into balls the size of walnuts. Place on a cookie sheet 2 inches apart.

Flatten with a glass bottom covered with dampened cloth. Sprinkle tops with sugar and bake or frost with Maxine's Ornamental Frosting. Bake 8-10 minutes at 350°.

## Ornamental Frosting (For White Cookies):

1/8 c. butter or 1 egg white margarine 1/4 tsp. cream of tartar

2 c. sifted confectioners sugar

With pastry blender, cut butter into confectioners sugar until mixture looks like corn meal. Then add unbeaten egg whites, vanilla and cream of tartar. Beat until frosting is of spreading consistency.

Cheryl Pyatt Hacker

#### SUGAR COOKIES

3/4 c. shortening (part 2 eggs oleo) 2 1/2 c. flour 1 c. sugar 1 tsp. baking powder 1 tsp. salt

Cream together shortening, sugar, vanilla and eggs. Sift together the dry ingredients and stir into the creamed mixture. Dough will be somewhat sticky. Chill at least 1 hour. Roll out on floured board 1/8 inch thick. Cut out cookies and place on ungreased cookie sheet. Bake at 400° for 6-8 minutes. Makes 4 dozen.

Sprinkle sugar on before baking or decorate with icing when cool.

Elaine Davis Wetziz Monahans, TX

## GOOD SUGAR COOKIES

5 c. flour 1/2 tsp. nutmeg
4 eggs 1 tsp. soda
2 c. sugar 1 tsp. baking powder
1 c. butter 6 Tbsp. sweet milk

Put all ingredients in large bowl and mix with hands until soft. Then take small piece at a time and roll out. Bake in 350° oven.

Nancy Koehne

#### BROWN SUGAR COOKIES

1 c. shortening
2 c. brown sugar
3 1/2 c. flour
2 tsp. baking powder
1/2 tsp. salt

3 eggs
1 tsp. vanilla
1 c. chopped nuts (if
 desired)

Cream sugar and shortening. Add eggs and vanilla. Stir in flour, baking powder, salt and nuts. Chill dough overnight, if deisred. Can be baked at once. Make into little balls and shape with fork.

Dorothy Seaton

#### SLICE-AND-BAKE CHOCOLATE COOKIES

3 c. plus 6 Tbsp. flour 1 1/2 tsp. soda 1 1/2 c. Crisco 1 c. plus 1 Tbsp. sugar

1 c. plus 1 Tbsp. brown sugar
3 eggs
1 1/2 c. nuts
8 oz. chocolate chips

Cream together the eggs, Crisco and sugars. Add flour and soda and beat. Add nuts and chips. This will be very soft. Add enough more flour so the dough can be made into a roll, but still soft. Makes about 4 rolls the width of wax paper and about 3/4 inch wide. Roll in wax paper and freeze. Can be sliced and used as needed. Makes about 10 or 12 dozen.

Bill and Peggy Owens Burrton, KS

## RAISIN DROP COOKIES

2 c. raisins
1 c. water
1 tsp. baking soda
2 c. sugar
1 c. butter or
shortening
1 tsp. vanilla

3 eggs, well beaten 4 c. flour 1 tsp. baking powder 1/2 tsp. salt 1 tsp. cinnamon 1/4 tsp. nutmeg 1 c. chopped nuts Add water to the raisins and boil briskly for 5 minutes. Add baking soda and let stand. Cream shortening and sugar. Beat until light and fluffy. Add vanilla, beaten eggs and raisins with liquid. Add flour and other dry ingredients. Stir in nuts. Drop by teaspoonfuls on a greased baking sheet. Leave space between the cookies. Bake 12-15 minutes at 350°.

Nadine Barnett

#### DATE-NUT PINWHEEL COOKIES

2 1/4 c. chopped dates 3 eggs
1 c. sugar 4 c. flour
1 c. water 1/2 tsp. baking powder
1 c. chopped nuts 1/2 tsp. soda
1 c. margarine 1/2 tsp. salt
2 c. brown sugar 1 tsp. vanilla

Cook dates, water and sugar until thick. Add nuts and set aside to cool. Stir shortening until creamy. Add brown sugar gradually and mix well. Add eggs and beat well. Sift flour once before measuring. Sift flour, baking powder, soda and salt together. Add to creamed mixture and chill thoroughly. Divide mixture in half and roll 1/4 inch (roll on canvas or pastry cloth) thick. Spread with date mixture and roll up like a jelly roll. Repeat same with other half of mixture. Place on flat sheet and refrigerate until thoroughly chilled. Slice from 1/4-1/2 inch thick as desired. Bake 10-12 minutes (according to thickness) at 400°. Makes 4 dozen.

Mrs. J. C. Musgrove Longmont, CO

#### OATMEAL COOKIES

1 c. oleo (2 sticks)
1 tsp. soda
1 c. brown sugar
3 c. old-fashioned oatmeal
1 c. white sugar
1 tsp. honey (heaping)
2 eggs
2 c. flour

1 tsp. soda
2 c. old-fashioned oatmeal
2 tsp. vanilla

Mix in order. Drop by teaspoons on greased cookie sheet and bake in 350° oven for 7 minutes.

Joy Belote

## CAKE MIX OATMEAL COOKIES

1 stick oleo 1/3 c. hot water 1 1/4 c. oatmeal 1 box yellow cake mix 1/2 c. chopped nuts 1 c. chocolate chips sugar M&M's candies

In a mixing bowl, beat oleo and water. Add oatmeal and 1/2 box cake mix. Beat well. Add the other half of cake mix and blend. Add nuts and chocolate chips. Form into 1 1/2-inch balls and dip in sugar. Put on cookie sheet. Top with an M&M candy. Bake 10 minutes at 350°. Cool a bit before removing from sheet.

Eula Crawford

#### NO-BAKE COOKIES

1/3 c. plus 3 Tbsp.
cocoa
2 c. sugar
1/2 c. milk
1/4 lb. butter

dash of salt 2 tsp. vanilla 1/2 c. peanut butter 3 c. oats

Cook the first 5 ingredients to a full boil. Boil 1 minute, then add vanilla, peanut butter and oats. Stir and drop on wax paper.

Kathy Johnson

## JO'S FAVORITE BROWNIES

2 sticks oleo 2 c. sugar 6 Tbsp. cocoa 4 eggs 1 c. flour 1 tsp. vanilla nuts

Mix all ingredients. Grease and flour 9 x 13-inch cake pan. Bake at 350° for 25-30 minutes.

Treva Douglass

#### CHOCOLATE SYRUP BROWNIES

1/2 c. margarine
1 c. sugar
4 eggs
1 tsp. vanilla

1 (16 oz.) can chocolate syrup1 c. plus 1 Tbsp. flour1/2 c. chopped nuts

Cream margarine and sugar. Beat in eggs, one at a time. Add vanilla, chocolate syrup, flour and nuts. Mix until well blended. Bake in greased  $9 \times 13 \times 2$ -inch pan. Frost when cool with following frosting.

## Frosting (for Chocolate Syrup Brownies):

1 1/2 c. sugar

1/2 c. chocolate chips

6 Tbsp. milk 1/2 c. nuts

6 Tbsp. margarine

Mix sugar, milk and margarine together. Boil about 2 minutes. Remove from heat and add chocolate chips and nuts. This is real chocolaty and good!

Ann Murphy

## COCONUT OATMEAL COOKIES

1 c. brown sugar 1 c. white sugar 1 c. Crisco

2 c. flour 1 tsp. soda

2 c. coconut

1 tsp. baking powder 1 tsp. vanilla

1 1/2 c. quick-cooking

2 eggs

oats

Mix with mixer until stiff, then by hand. Let stand in refrigerator 15 minutes. Roll into balls and press flat with hands or fork. Bake at 350°-375° for 15 or 20 minutes.

Gary Adams Ponca City, OK

## ICEBOX OATMEAL COOKIES

1 c. shortening
1 c. white sugar

1 tsp. salt 1 tsp. soda

1 c. brown sugar

2 eggs

3 c. quick oats

1 tsp. vanilla

2450-86

- 95-

Mix shortening and sugar together. Add eggs, oatmeal and other ingredients together. Shape into rolls and chill. Slice and bake 10 minutes in 350° oven.

Nuts and coconut may be added, if desired.

Makes 6 dozen.

Warren and Fern Griffith

## PEANUT BUTTER COOKIES

1 c. white sugar 1 egg 1 c. crunchy peanut butter

Mix and roll into balls. Put on greased cookie sheet and mash with fork. Place chocolate star on top of each. Bake at 350° for 15-18 minutes. (Easy to burn.)

Erma Prigmore

#### PEANUT COOKIES

1 c. oleo2 eggs1 c. brown sugar2 tsp. soda1 c. white sugar3 c. flour1 c. peanut butter1 tsp. vanilla

Cream sugar, oleo and peanut butter. Stir in the rest. Bake at 350° until brown around edges. Joy Belote

## BOILED COOKIES

2 c. sugar
3 heaping Tbsp. cocoa
1/2 c. Pet milk
1 c. oatmeal
1/2 stick margarine or
butter
1/2 c. peanut butter

Mix sugar and cocoa thoroughly. Boil this mixture 1 minute. Pour in oatmeal and peanut butter and beat well. Before it cools, drop by spoon on wax paper.

Sis Floyd Durall Hughes Springs, TX

#### NO-BAKE COOKIES

4 c. sugar 1 c. cocoa

1 c. milk

1 c. peanut butter

4 Tbsp. vanilla

6 c. oatmeal

Mix sugar, cocoa and milk. Bring to a full rolling boil. Remove from heat. Add peanut butter. vanilla and oatmeal. Stir well. Place by tablespoonfuls on wax paper. Harden in refrigerator.

Dorothy Seaton

#### NO-BAKE CHOCOLATE COOKIES

2 c. quick-cooked oatmeal

1/2 c. nuts 1 tsp. vanilla

1/4 c. cocoa

1/2 c. coconut 2 c. sugar

1 stick margarine

1/2 c. milk

Mix oatmeal, nuts, vanilla, cocoa and coconut together well. Mix sugar, margarine and milk together and cook to boiling stage. Boil 3 minutes. Pour over dry ingredients and mix well. Drop by spoonfuls on wax paper and cool.

Irene Hart

## PEANUT BUTTER CRISPY TREATS

1 c. light or dark corn 1 c. peanut butter syrup

6 c. Rice Krispies cereal

1 c. sugar

Grease 13 x 9 x 2-inch baking pan. In large saucepan over low heat, stir together first 3 ingredients. Stirring constantly, bring to a boil and boil 3 minutes. Remove from heat. Add cereal and toss to coat well. Press into pan. Cool. Cut into  $2 \times 2$ -inch squares. Makes 32.

Dorothy Seaton

## BUTTERSCOTCH BARS

1/2 c. oleo

2 c. brown sugar 3 eggs

1/2 c. nuts 2 c. flour

2 tsp. baking powder

2450-86

-97-

Melt oleo. Add sugar to oleo and cool. Blend in eggs. Stir in remaining ingredients. Spread in 13 x 9inch pan. Bake at 325° about 30 minutes. Do not overbake.

Eula Crawford

#### PUMPKIN BARS

2 tsp. soda 2 c. sugar 1/2 tsp. salt 1 c. vegetable oil 2 tsp. cinnamon 4 eggs 2 c. flour 2 c. pumpkin 1 c. nuts

## Frosting:

1 (3 oz.) pkg. cream 3/4 stick oleo cheese 1 Tbsp. cream 1 3/4 c. powdered sugar 1 tsp. vanilla

Blend together sugar and oil. Add eggs and blend. Add dry ingredients and pumpkin and blend. Grease and flour 10 x 15-inch pan. Bake at 350° for 25 minutes. Nuts may be sprinkled on top of icing, if desired.

Mix cream cheese, powdered sugar, oleo, cream and vanilla for frosting.

## Cream Cheese Frosting:

1 (3 oz.) pkg. cream 1 Tbsp. milk cheese 1 tsp. vanilla 1/3 c. softened butter 2 c. powdered sugar

Mix all ingredients and spread. Good on Pumpkin Bars.

Irene Hart

## BROWNIES

2 c. sugar 2 sticks oleo 1 3/4 c. flour 4 eggs 1/3 c. cocoa 1 Tbsp. vanilla dash of salt

Mix well and bake in  $13 \times 9$ -inch pan at  $350^{\circ}$  for 20-25 minutes.

#### Vickie Chadwell

#### CAKE BROWNIES

Cream butter and sugar until fluffy. Add egg yolks, milk and vanilla and beat well. Stir in melted chocolate. Sift together dry ingredients. Add to creamed mixture and mix well. Stir in chopped nuts. Fold in egg whites. Turn into greased and floured 9 x 9 x 2-inch baking pan. Bake at 350° for 25-30 minutes. Cool. Makes 16.

Becky McBeth

## CHOCOLATE ZUCCHINI BROWNIES

 1 1/2 c. sugar
 1/3-1/2 c. cocoa

 1/2 c. oil
 2 tsp. vanilla

 2 c. flour
 2 c. grated unpeeled

 1 tsp. salt
 zucchini

 1 1/2 tsp. baking soda
 1/2 c. nuts

Combine in order given. Mix well. Pour into greased 9 x 13- or 10 x 15-inch pan. Bake 25-35 minutes at  $350^{\circ}$ .

Note: No eggs.

Vickie Chadwell Ottawa, KS

## FROZEN DESSERT

2 (3 oz.) pkg. cream cheese2 Tbsp. sugar

2 Tbsp. mayonnaise

1 can cranberry sauce

1 small can crushed pineapple

1 c. chopped nuts

1 small carton Cool Whip

1 tsp. vanilla

Cream cheese, sugar and mayonnaise. Mix in sauce, pineapple and nuts. Fold in Cool Whip and vanilla. Pour into Pyrex loaf pan and freeze. Cut into squares. Serve frozen.

Beth DeVries (Belong)

#### ICE CREAM

8 or 9 eggs, well beaten 2 scant Tbsp. flour 2 1/2 c. sugar

dash of salt

Cook this in about 8 cups of milk, either in a double boiler or in a large pan on stove. Stir constantly as it will scorch very easily! Cook until custard stage. Cool and freeze in ice cream freezer when ready. Makes 1 1/2 gallons.

Ann Murphy

## COOKED ICE CREAM (In Memory Of Lizzie And Ross Crawford)

6 c. milk (heat in kettle) 1/2 c. flour 1 c. sugar 1/2 tsp. salt

4 beaten eggs 1 c. milk 1 tsp. vanilla 2 c. cream

Beat the eggs until very light. Add milk and vanilla. Mix together. Mix with flour, sugar and salt. Pour slowly into the hot milk, stirring constantly, until thick. Add 2 cups of cream. Mix well and pour into gallon freezer can. Add enough milk to fill can to 1 inch from top.

Erma Woods Medlam

#### ICE CREAM

4 eggs, beaten 3 c. sugar 4 c. cream or half and half

milk to fill to line vanilla to taste

Makes 1 gallon.

Lola Hopkins

## VANILLA ICE CREAM (No Cook)

4 eggs
1 c. sugar
2 Tbsp. vanilla
1/2 pt. whipping cream

2 cans Eagle Brand dairy
milk
1/4 tsp. salt

Combine eggs, cream, sugar, salt and vanilla in bowl and mix thoroughly with mixer. Pour into ice cream freezer can. Add Eagle Brand milk and stir well. Add dairy milk to fill line on can and stir. Follow normal procedure for ice cream freezer. Makes approximately 4 quarts.

Joyce Brady

#### ORANGE SHERBET

1 small box orange jello or your choice jello1 c. boiling water2 c. milk

1 c. canned milk
1/2 c. sugar
1/4 c. lemon juice (you
may use less)

Mix jello, water and sugar together until dissolved. Put all ingredients left with this into ice cream freezer and turn until frozen.

Ann Murphy

#### CHERRY ICE CREAM

1 pkg. cherry jello
1 can sour pitted
 cherries
6 egg whites
2 egg yolks

dash of salt
1 1/2 pt. cream
1 (No. 303) can Wilderness
cherry pie filling
1 Tbsp. vanilla

Dissolve jello in 2 cups hot water, then cool down with juice from 1 No. 303 can sour pitted cherries. Add egg whites, egg yolks and salt. Add a little cream to the eggs to keep the hot mixture from cooking the eggs. Pour entire jello mixture into the eggs and mix well. Add remaining cream. Add the can of sour cherries and the cherry pie filling. Add vanilla. Mix all together. Pour into ice cream can and fill with milk. Stir before freezing.

Larry and Beth Fletchall Norton, KS

- 101-

2450-86

#### ICE CREAM SANDWICHES

1/2 pt. ice cream (brick style)

graham cracker squares

Arrange graham cracker squares in a row. Slice ice cream into 1-inch pieces so that is is the same size as the graham crackers. Place a slice of ice cream on top of graham cracker and close sandwich with second slice of graham cracker on top. Place sandwich on small tray and put in freezer for 10 minutes.

Irene Hart

#### ICE CREAM SODA

4 Tbsp. chocolate syrup 2 scoops favorite ice cream 1 (16 oz.) bottle club soda

Put chocolate syrup into each glass. Add 1/4 cup club soda to each glass, stir and mix. Add 1 scoop of ice cream to each glass and fill glass with soda. Stir. Irene Hart

## APPLESAUCE CAKE (In Memory Of Pearl Cochran)

2 eggs 1 1/2 c. sugar 1/2 c. butter or shortening 1 tsp. soda 1 tsp. cinnamon 1/2 tsp. cloves

1 1/2 c. applesauce 2 1/3 c. flour 1 c. chopped nuts 1 Tbsp. hot water 1 tsp. baking powder 1 c. raisins, dredged in flour

Cream sugar and butter. Add applesauce and beaten egg yolks. Stir. Add hot water. Mix soda, baking powder and spices in flour and add to mixture. Add nuts and raisins. Last, add beaten egg whites. Bake in moderate oven until it tests done

Maxine Cochran Cook

## APPLESAUCE CAKE

1/2 c. shortening 2 c. sugar 1 large egg

1/2 c. thick unsweetened applesauce 2 tsp. soda

1/2 c. boiling water 2 1/2 c. sifted flour 1/2 tsp. salt 1/2 tsp. cloves 1/2 tsp. cinnamon1/2 tsp. allspice1 c. chopped raisins1/2 c. chopped walnuts

Cream sugar and shortening. Blend in egg and applesauce. Combine soda and water. Sift together flour, salt and spices. Add water mixture alternately with flour mixture at low speed, using rubber spatula frequently on sides of bowl. Then blend in raisins and walnuts. Pour batter in 8 x 12-inch oblong cake pan. Bake 1 hour at 350°.

Priscilla Carr (Mrs. Owen C.)

#### APPLESAUCE CAKE

1/2 c. shortening
1 1/2 c. sugar
2 c. flour
1/2 tsp. cinnamon
1/2 tsp. salt
1 1/2 tsp. soda

3 Tbsp. cocoa
1 (No. 303) can applesauce or 2 c.
1 c. chocolate chips
2 Tbsp. sugar
1/2 c. nuts

Cream together sugar and shortening. Add eggs and mix. Sift together flour, cinnamon, salt, soda and cocoa. Add alternately with applesauce. Pour batter into pan and sprinkle with chocolate chips, nuts and the 2 tablespoons sugar. Bake in 13 x 9-inch greased and floured pan. Bake 30 minutes at 350°.

Delores Griffith Smith Geneseo, KS

## BANANA NUT CAKE

3/4 c. butter4 eggs1 pkg. vanilla wafers, crushed 1 1/2 c. sugar1 c. overripe mashed bananas1 c. chopped pecans

Cream butter and sugar until light and fluffy. Beat in eggs, one at a time. Mix in mashed bananas. Stir in vanilla wafer crumbs and chopped pecans. Bake at 350° for 40-45 minutes.

Bessie McBeth Ellinwood, KS

#### HAPPINESS CAKE

1 c. good thoughts

1 c. kind deeds

2 c. consideration for others

3 heaping c. sacrifice 3 c. well-beaten faults

3 overflowing c. forgiveness

Mix thoroughly. Add tears of joy, sorrow and sympathy. Flavor with love and kindly service. Fold in 7 cups prayer and daily, constant devoted life. Bake well with warmth of pure human kindness and serve with a garnishing smile always. Praise God: It will satisfy and bring peace to hungry, starving souls. Ann Murphy

#### BANANA SURPRISE CAKE

2 medium fully ripe

4 eggs (room temperature)

2 c. sugar

1 c. vegetable oil

1 1/2 c. shredded zucchini

3 c. flour

1 1/2 tsp. baking soda

1 1/2 tsp. baking powder

1 1/2 tsp. ground cinnamon

1 tsp. salt

1 1/2 c. chopped walnuts

1 c. raisins powdered sugar

Peel and puree bananas in blender (should yield 1 cup). In large bowl, beat eggs. Blend in sugar and oil. Beat 1 minute. Add bananas and zucchini and mix well. Sift together dry ingredients and fold into banana mixture. Stir in nuts and raisins. Pour batter into greased 10-inch tube pan. Bake at 350° about 1 hour or until tester comes out clean. Cool 20 minutes. Invert cake onto dessert platter. Dust with powdered sugar. Serves 12.

Neal and Wilma Phillips

## BUTTER BRICKLE DESSERT

1 large can sliced peaches

1 box butter brickle cake mix

1 c. coconut 1/2 c. nuts

1 stick oleo

Place peaches and juice in 9 x 13-inch pan. Mix cake mix according to directions on box and pour over

the peaches. Sprinkle coconut over batter. Then sprinkle nuts over coconut. Melt the oleo and pour by spoonfuls over top of mixture. Bake at 350° for 30-45 minutes or until golden brown. Cool and serve with whipped cream.

Irene Hart

#### CUSTARD CAKE

1/2 c. egg custard mix 2 eggs 1 1/2 c. milk 2 box yellow cake mix

Preheat oven to 350°. Grease and flour bottom and sides of 10-inch tube pan. Blend custard mix, milk and eggs in large mixing bowl. Add cake mix and beat as directed on package. Bake at 350° for 40-45 minutes. Cool cake 15 minutes before removing from pan.

Versatile as a pound cake or shortcake.

Erma Prigmore

#### CHRISTMAS DESSERT

1 (3 oz.) box red jello 1 c. cold water
1 (3 oz.) box green 1 c. pineapple juice
jello 2 c. cream, whipped
1 pkg. Knox gelatine 1/2 c. sugar

Mix the red and green jello separately with 1 1/2 cups boiling water each and let set in refrigerator until set. Then cut in cubes. Mix Knox gelatine with 1 cup cold water. Heat the pineapple juice and add gelatine mixture. Cool until thickens, but not set.

Whip cream and sugar. Mix with Knox mixture and blend with mixer. Line bottom of  $9 \times 13$ -inch pan with the following crust:

1 stick oleo, melted 30 sq. graham crackers, 1/2 c. brown sugar crushed

Mix cubed jello in gelatine and whipped cream mixture. Pour on cracker crust and let set in refrigerator several hours.

Teresa Belong Murray Orlando, FL

2450-86

#### CHOCOLATE PUDDING CAKE

1 1/2 c. sifted flour 1 c. sugar 3 Tbsp. cocoa 3 tsp. baking powder 3/4 tsp. salt 3/4 c. milk 1 1/2 Tbsp. melted oleo 2 tsp. vanilla

3/4 c. chopped walnuts 1/2 c. brown sugar 1/4 c. sugar 3 Tbsp. cocoa 1 3/4 c. boiling water whipped cream or ice cream

Mix flour, sugar, cocoa, baking powder, salt, milk, oleo, vanilla and walnuts together. Next, mix the brown sugar, sugar and cocoa together and sprinkle over cake. Pour boiling water over all. Bake at 350° for 40 minutes. Cut in squares and top with whipped cream or ice cream.

Joy Belote

## PUDDING CAKE (4 Laver)

## First Layer:

3/4 c. chopped pecans 1 1/2 sticks margarine, 1 3/4 c. flour

melted

Mix together and spread in 9 x 13-inch pan. Bake 10 minutes at 250°, then cool.

## Second Layer:

1 (8 oz.) pkg. Phila- 1 c. powdered sugar delphia cream cheese (room temperature)

1 c. Cool Whip (buy 9 oz. Cool Whip)

Beat together with electric mixer and spread over above.

## Third Layer:

1 box instant vanilla pudding

1 box instant chocolate pudding 3 c. cold milk

Beat together and pour over previous layer.

Fourth Layer: Spread remaining Cool Whip on Can sprinkle with chopped nuts or grated chocolate (optional).

> Donna Davis Barrager Tonganoxie, KS

#### CHOCOLATE-ZUCCHINI CAKE

1/2 c. soft oleo 1/2 c. oil 1 3/4 c. sugar 2 whole eggs 1 tsp. vanilla 1/2 c. sour milk 2 1/2 c. unsifted flour 1/2 tsp. baking powder 4 Tbsp. cocoa 1 tsp. soda 1/2 tsp. cloves 1/2 tsp. cinnamon 2 c. finely diced zucchini 1/4 c. chocolate chips

Cream first 3 ingredients. Add next 3 and beat well with mixer. Stir in zucchini. Spoon batter into greased and floured 9 x 12 x 2-inch pan and sprinkle top with chocolate chips. Bake in 325° oven for 40-45 minutes or until toothpick comes out clean. Twila Dumond

#### CHOCOLATE ZUCCHINI CAKE

2 1/2 c. sifted flour 1/4 c. cocoa 1 tsp. soda 1 tsp. salt 1/2 c. butter or oleo 1/2 c. oil 1 (6 oz.) pkg. semisweet chocolate pieces 3/4 c. nuts 1 3/4 c. sugar 2 eggs 1 tsp. vanilla 1/2 c. buttermilk 2 c. grated, unpared zucchini, drained

Sift flour, cocoa, salt and soda together and set aside. Cream butter, oil and sugar in mixing bowl. Using an electric mixer on medium speed, beat until light and fluffy. Beat eggs in, one at a time, to cream mixture. Add dry ingredients alternately with buttermilk, beating well after each addition. Stir in zucchini and pour in a lightly greased 13 x 9 x 2-inch pan. Sprinkle with chocolate pieces and chopped nuts. Bake in 325° oven for 55 minutes. Joyce Brady

-107-

#### BASIC POUND CAKE

3 c. sifted flour 1 tsp. baking powder 1 tsp. salt 1/2 tsp. baking soda 1 c. oleo

4 eggs 2 tsp. vanilla 1 c. buttermilk

2 c. sugar

Beat well after each egg (total of 10 minutes of beating). Add dry ingredients alternately with buttermilk. Use 10-inch tube pan.

Joy Belote

#### DUMP CAKE

1 large can pineapple 1/2 c. chopped nuts 1 can cherry pie filling 1 c. (2 sticks) oleo 1 large pkg. yellow or white cake mix

Use 9 x 13-inch cake pan. Dump undrained crushed pineapple and spread. Dump pie filling and spread. Sprinkle cake mix evenly. Scatter nuts over mix. Cut oleo into patties and place on top. Don't mix. Bake at 350° for about 1 hour, until nicely browned.

> Kris Nelson Treva Douglass

## COOKIE AND CREAM CAKE

#### Cake:

1 pkg. Pillsbury Plus white cake mix 1 1/4 c. water 1/3 c. oil

3 egg whites 1 c. coarsely crushed Oreo sandwich cookies (chocolate)

## Frosting:

3 c. powdered sugar 2 egg whites 3/4 c. shortening 1 tsp. vanilla

Grease and flour two 8- or 9-inch round cake pans. In large bowl, combine all cake ingredients, except crushed cookies. Mix cake at low speed until moistened, then beat 2 minutes at highest speed.

Gently stir in 1 cup coarsely crushed cookies. Pour batter into prepared pans. Bake at 350° for 25-35 minutes, until toothpick inserted in center comes out clean. Cool 10 minutes and remove from pans. Cool completely.

In small bowl, combine 1/2 cup of the powdered sugar, shortening, vanilla and egg whites. Blend well. Beat in remaining powdered sugar until frosting is smooth and creamy. Fill and frost cake. Garnish as

desired. Makes 12 servings.

Maxine Belong Byers Fargo, ND

#### FRUIT RIPPLE COOKIE CAKE

2 c. all-purpose flour 1/4 c. cooking oil 1 1/2 tsp. vanilla 1 1/2 c. sugar 1 (20 or 21 oz.) can fruit 1/2 tsp. salt pie filling (any flavor) 4 eggs 1/2 c. butter or soft margarine (1 stick)

Preheat oven to 350°. In large bowl, mix all ingredients, except pie filling. Spread half of batter in 9 x 13 x 2-inch pan (greased on bottom). Top with pie filling. Dollop remaining batter over fruit, covering as much of the filling as possible. Swirls in batter and uncovered fruit peeking through are to be expected. Bake at 350° for 35-40 minutes or until top is brown. For ultimate flavor, serve warm.

Variation: With apple or mincemeat pie filling, 1 cup wheat flour may be substituted for 1 cup all-

purpose flour.

Ann Murphy

## DIXIE'S HAWAIIAN WEDDING CAKE

1 box Duncan Hines vellow cake mix 8 oz. cream cheese

1 c. milk

1 pkg. instant vanilla pudding

1 (16 oz.) can crushed pineapple

Follow directions on box of cake mix, then bake in a greased jelly roll pan. Cool and set aside. Beat together cream cheese, milk and pudding. Spread on cake. Drain pineapple and spread on cream cheese mixture.

2450-86

1 large container Cool 1 small can coconut Whip

Spread on top of cake. Sprinkle with chopped

pecans. Refrigerate.

This is a wonderful recipe for church dinners or any time you need a nice dessert which serves quite a few people.

Marge Smith Ponca City, OK

1/2 c. firmly packed brown

1 (2-layer) pkg. yellow

#### EXTRA-MOIST PINEAPPLE UPSIDE-DOWN CAKE

2 cans (16 oz.) sliced pineapple and juice (12 slices)

2 (4-serving) pkg. Jell-O vanilla pudding

12 maraschino cherry halves

4 eggs 1 c. water 1/4 c. oil

sugar

cake mix

Drain pineapple, reserving juice. Arrange 12 slices in 13 x 9-inch pan. Place a cherry half in center of each. Combine 1 package of pudding mix and pineapple juice. Pour over pineapple and sprinkle with brown sugar. Combine all of the cake mix, pudding mix, eggs, water and oil in large mixer bowl. Blend, then beat at medium speed for 4 minutes. Pour into pan. Bake at 350° for 55-60 minutes or until cake tester comes out clean and cake begins to pull from sides of pan. Do not underbake. Cool in pan 5 minutes. Invert onto platter and let stand 1 minute. Serve warm.

Donna Wilkes

## FRUIT COCKTAIL CAKE

2 c. flour 1 1/2 c. sugar 2 eggs

1/2 tsp. salt 2 tsp. soda 1 can fruit cocktail

Icing:

3/4 c. sugar 1 stick oleo

1/2 c. evaporated milk 1 tsp. vanilla

Mix all ingredients together and pour into greased 9 x 12-inch pan. Sprinkle on top:

1/2 c. brown sugar 1/2 c. nuts

Bake at 350° for 40 minutes. Top with whipped cream or with icing.

Boil icing ingredients for 1 minute. Add 1 cup coconut and pour over warm cake.

Robin Oberle

#### GOOEY BUTTER CAKE

1 box yellow or dark chocolate cake mix (dry)

1 (8 oz.) pkg. cream cheese

1 egg, slightly beaten

2 3/4 c. powdered sugar 2 eggs

1 stick margarine, melted

Combine dry cake mix, 1 egg and margarine. Press into greased 9 x 13-inch pan. Cream together cream cheese, powdered sugar and 2 eggs. Pour over crust. Bake at 350° for 40 minutes. Sprinkle with more powdered sugar.

Mrs. Vera Hacker

## GRAHAM CRACKER CAKE

1 egg, beaten 1 c. crushed graham 3/4 c. low-fat milk crackers 1/2 c. sugar substitute 1/4 c. melted oleo 1 1/2 tsp. baking powder 1 tsp. vanilla

Combine egg, vanilla, milk and sugar substitute. Mix baking powder with graham crackers and stir in oleo. Add to first mixture and pour into greased 9-inch cake pan. Bake at 350° for 15-20 minutes. Serves 16 with 73 calories per serving.

Erma Prigmore

HURRY-UP DEVIL'S FOOD CAKE (In Memory Of Grandmother Sadie Cannon)

1 1/2 c. flour 1 c. sugar

2 heaping Tbsp. cocoa 1/2 tsp. salt

1/2 c. shortening 1 egg

1 tsp. vanilla 1 tsp. soda

Cream together the shortening, egg and vanilla. Sift together the flour, sugar, cocoa and salt. Beat the creamed mixture into the dry ingredients.

1 tsp. soda

1 c. boiling water

Dissolve soda in boiling water and add to all the ingredients. Mix well. May be baked in a loaf or layers. Bake at 350° for 25 minutes. Maxine Cook

#### JERRY'S CAKE

1 1/2 c. boiling water 1 1/2 c. flour 1 c. quick oatmeal 1 tsp. baking soda 1/2 c. oleo 1 tsp. cinnamon 1 tsp. nutmeg 1 c. brown sugar 1 c. white sugar 1/2 tsp. salt 2 eggs

## Topping:

6 Tbsp. butter 1/4 c. brown sugar 1/2 c. white sugar 1/4 c. light cream 1/4 tsp. vanilla 1 c. flaked coconut 1 c. chopped nuts

Pour water over oatmeal. Cream oleo and sugar. Add eggs. Stir in all other ingredients. Bake at 350° for 30-35 minutes. Cool in pan. Use 13 x 9-inch pan.

Heat all ingredients for topping, except vanilla, and bring to a light boil. Add vanilla and pour over cake. Broil in oven approximately 5 minutes. (Caution: easy to burn.)

Joy Belote

## MANDARIN ORANGE CAKE

1 c. mandarin oranges with juice

1 pkg. yellow cake mix 1/2 c. Wesson oil 4 eggs

## Icing:

1 medium carton Cool Whip

1 c. crushed pineapple (including juice)

1 pkg, instant vanilla pudding

Mix cake mix, oranges and juice, oil and egg and beat. Bake at 350° for 35 minutes. Mix ingredients for icing and ice after cake cools.

Shirley Adams (Simmons)

#### FOREVER WEDDING CAKE

3 well-rounded c. true love

1 sprinkle interest in all he/she does

2 heaping c. perfect trust and confidence 3 c. patience

3 pinches unselfishness

2 c. kindness

Mix thoroughly with a pint of sympathy. Flavor with a bright fireside and a loving kiss. Bake well done all your life.

Ann Murphy

#### OATMEAL CAKE

1 1/4 c. boiling water 1 c. oats (uncooked) 1/2 c. oleo, softened 1 c. white sugar 1 c. brown sugar 1 tsp. vanilla

2 eggs 1 1/2 c. flour 1 tsp. soda 1/2 tsp. salt 3/4 tsp. cinnamon 1/4 tsp. nutmeg

Pour water over oats and stir to combine. Cover and let stand while mixing other ingredients. Beat butter until creamy. Gradually add sugars, beating until fluffy. Blend in vanilla and eggs. Add oat mixture and blend well. Sift together flour, soda, salt and spices. Add to the creamed mixture and blend well. Pour batter into well-greased and floured 9-inch square pan. Bake at 350° for 50-55 minutes.

## Frosting:

1/4 c. oleo, melted 1/2 c. brown sugar 3 Tbsp. canned milk 2450-86

1/2 c. nuts 3/4 c. coconut

-113-

Mix together frosting ingredients and spread over cake.

Nancy Koehne

## OATMEAL-COCONUT CAKE

1 1/2 c. hot water

2 eggs

1 c. oats

1 1/3 c. flour 1 tsp. soda

1 c. brown sugar 1 c. white sugar

1 tsp. cinnamon

1/2 c. shortening

1/2 tsp. salt

Pour hot water over oats and let stand. Cream brown sugar and white sugar with shortening. Add beaten eggs to mixture. Sift flour with soda, cinnamon and salt. Mix together and pour into loaf pan, 9 x 13 inches. Bake at 350° about 35 minutes.

Icing:

1 stick oleo

3/4 c. brown sugar

1 tsp. evaporated milk

Bring to a boil and let boil for 1 minute. Add:

1 c. coconut

1 c. nuts

Pour over hot cake and return to oven for 5 or 6 minutes.

Donna Ellis Ness City, KS

## PUMPKIN DUMP CAKE

1 large can pumpkin 1 c. sugar 13 oz. milk

pumpkin pie spice

Mix together and pour into 9 x 13-inch pan.

1 box cake mix 1 stick oleo

Sprinkle cake mix over top. Top with oleo. Bake at 350°.

Treva Douglass

#### PUNCH BOWL CAKE

1 box strawberry cake mix

4 boxes instant vanilla pudding (use 1/2 gal. milk)

2 cans (21 oz.) strawberry pie filling

3 cans crushed pineapple, drained

1 large bag chopped pecans

1 (16 oz.) carton Cool Whip

Bake strawberry cake mix in 13 x 9-inch cake pan and cool. Make the instant pudding, using the 1/2 gallon milk. Cut cake in bite-size pieces. Take half of cake and make a layer at bottom of punch bowl. Take half of the vanilla pudding and make layer on top of cake. Make next layer with 1 can pie filling, then 1 1/2 cans of crushed pineapple. Next, layer 1/2 bag of pecans. Next, layer with 8 ounces of Cool Whip. Repeat layers in same order. Top with fresh strawberries (optional). Chill. Serves about 30. Donna Wilkes

Debbie Barnhouse

## RAW CARROT AND RAW BEET CAKE

1 1/2 c. sugar 1 c. cooking oil

1 tsp. vanilla 2 eggs

3 Tbsp. hot water

2 c. flour

1/2 tsp. salt

2 tsp. baking powder

1 tsp. cinnamon

1 c. chopped walnuts

1 c. chopped raw carrots

1 c. chopped raw beets

Combine first 5 ingredients and beat for 3 or 4 minutes to dissolve the sugar. Sift the dry ingredients together and add to first mixture, a little at a time. Then use a mixing spoon to stir in the walnuts, carrots and beets. Pour batter into greased 13 x 9 x 2-inch pan and bake in 350° oven for 55 minutes. Laura Morsbach

## RHUBARB CAKE

2 c. sifted flour 1 1/4 c. sugar

1 tsp. soda 1 tsp. salt

1 tsp. cinnamon 1/4 tsp. allspice

1/4 tsp. cloves

1/2 c. shortening

2 eggs 1/3 c. milk

Sift dry ingredients together. Cream shortening with eggs and milk. Add dry ingredients and rhubarb and mix thoroughly. Pour into 9 x 9-inch greased and floured pan.

## Topping:

1/3 c. flour 1/4 c. brown sugar 1/2 tsp. cinnamon 2 Tbsp. cold butter 1/4 c. chopped nuts

Maxine Cochran Cook

#### RHUBARB CAKE

2 c. flour
1 Tbsp. baking powder
2 Tbsp. margarine
1/2 c. sugar
1 tsp. salt
1 egg
1 c. milk
4 c. chopped rhubarb

1 box gelatin 1 1/4 c. sugar 1/2 tsp. cinnamon 1 Tbsp. margarine 1/3 c. flour 1/2 tsp. nutmeg nuts (optional)

Mix together flour, sugar, baking powder and salt. Add margarine, egg and milk. Pour into 13 x 9-inch pan. Use any flavor of red gelatin. Add rhubarb on top of batter mixture in pan. Then sprinkle with dry gelatin. Top with mixture of sugar, cinnamon, margarine, flour, nutmeg and nuts. Sprinkle mixture on top. Bake for 40-45 minutes at 375°.

Joy Belote

## ROMAN APPLE CAKE

1/2 c. brown sugar 1 c. white sugar 1/2 c. butter 3/4 tsp. cinnamon 1 tsp. soda 1 tsp. salt 2 1/4 c. flour 2 tsp. baking powder 2 eggs 1/2 c. milk 4 c. raw apple slices

Cream sugar and butter for 2 minutes. Add beaten eggs. Sift dry ingredients and add alternately

with the milk. Blend well and add the apples. Pour into greased pan. Bake at 325° for 40 minutes or until done.

Topping:

1/2 c. sugar

1/2 tsp. cinnamon

1/2 c. chopped pecans

Mix and sprinkle on top of hot cake.

Ida Belote

#### BIBLICAL SCRIPTURE CAKE

2 c. Jeremiah 6:20
1 c. Judges 5:25
2 Tbsp. I Samuel 14:25
6 Jeremiah 17:11

4 1/2 c. I Kings 4:22

2 tsp. Amos 4:5

5 tsp. II Chronicles 9:9 1/8 tsp. Leviticus 2:13

1/2 c. Judges 4:19 2 c. I Samuel 25:18 2 c. Nahum 3:12

2 c. Jeremiah 1:11

Whip the Jeremiah, Judges and I Samuel until light. Beat the 6 Jeremiah yolks and add. Sift together I Kings, Amos, II Chronicles and Leviticus. Add alternately with Judges to first mixture. Stir in I Samuel, Nahum and Jeremiah. Fold in the 6 Jeremiah whites, beaten stiff. Exodus 16:23 for 2 hours in greased and floured 10-inch tube pan at 300°.

Erma Prigmore

## SCRIPTURE CAKE

1 c. Psalms 55:21 3 c. Jeremiah 6:20 6 each Isaiah 10:14 3 1/2 c. I Kings 4:22 1 tsp. I Corinthians 5:6 little Leviticus 2:13 1 c. Genesis 24:17 1 tsp. I Samuel 14:25 1 tsp. Numbers 17:8 1 tsp. Samuel 30:12 season to taste with I Kings 10:10

Where it calls for leavening, use soda. Mix and follow advice in Proverbs 23:14 for making a good day (beat well). Put all in one pan and bake 3 hours in moderate oven.

Mary Brown

#### SOCK-IT-TO-ME CAKE

1 (8 oz.) carton sour cream 1 pkg. Duncan Hines

Golden cake mix

1/2 c. sugar

3/4 c. Wesson oil 1 tsp. vanilla

1 tsp. butter flavoring

4 eggs (add one at a time)

Mix above ingredients in order as listed, adding 1 egg at a time. Put half of batter in Bundt pan. Sprinkle following over batter:

2 Tbsp. brown sugar 1 tsp. cinnamon chopped pecans

Mix sugar and cinnamon together. Add remaining batter and bake in 350° oven for 1 hour and 15 minutes. Remove from pan after the cake has cooled for a short time and dribble over cake the following:

1 c. powdered sugar

2 Tbsp. milk

1/2 tsp. vanilla

2 Tbsp. melted oleo

Mix together until smooth.

Shirley Hosier Rose Longridge, TX

## STRAWBERRY SHORTCAKE CAKE

1 c. miniature marshmallows

2 c. frozen sliced strawberries in syrup, completely thawed

1 (3 oz.) pkg. strawberry flavor gelatin

2 1/4 c. flour

1 1/2 c. sugar 1/2 c. solid shortening 3 tsp. baking powder 1/2 tsp. salt 1 c. milk 1 tsp. vanilla

3 eggs

Generously grease bottom only of a pan.

Sprinkle marshmallows evenly over bottom of pan.

Thoroughly combine strawberries and syrup with dry gelatin and set aside. In large bowl, combine remaining ingredients. Blend at low speed until moistened. Beat 3 minutes at medium speed, scraping sides of bowl occasionally. Pour batter evenly over marshmallows in

in prepared pan. Spoon strawberry mixture evenly over batter. Bake for 45-50 minutes or until golden brown and toothpick comes out clean. Serve warm or cool with ice cream or whipped cream. (Use  $13 \times 9$ -inch cake pan and bake at  $350^{\circ}$ .)

Nancy Koehne

#### SWEDISH APPLE CAKE

1 1/2 c. sugar 1/2 c. shortening 2 eggs pinch of salt 1 tsp. vanilla

1 tsp. vanilla
3 c. peeled and diced
raw apples

1/2 c. nuts
1 1/2 c. sifted flour
1 tsp. cinnamon
1 tsp. nutmeg
1 tsp. soda

dash of cloves

Cream together the shortening and sugar. Add beaten eggs, salt and vanilla. Sift together the flour, spices and soda, then add to first mixture. Mix in apples and nuts. Pour into 9 x 12-inch greased and floured pan and bake 25 minutes at 350°. Remove from oven and spread with topping of:

3 Tbsp. butter 3 Tbsp. milk

1 1/2 c. brown sugar

Combine. Return to oven and bake for another 25 minutes. Garnish with whipped cream, if desired.

Eula Crawford

## TURTLE CAKE

1 pkg. German chocolate cake mix 1 can Milnot 1 large bag caramels 1 large bag pecans 1/2-1 stick butter

1 large bag chocolate chips

Grease and flour 13 x 9-inch pan. Mix cake according to directions. Pour half of the batter into the pan. Bake at 350° for about 20 minutes.

While that part is baking, melt caramels, milk and butter together. Pour that mixture over the cake you've just baked. Sprinkle onto this half of the chocolate chips and half of the pecans. Then pour

over this the rest of the cake batter. Top this with the rest of the chocolate chips and pecans. Bake until the top layer is done, about 15-20 more minutes at 350°.

Don and Wynona Zachary Seminole, OK

#### WATERGATE CAKE

1 box white cake mix 1 (3 3/4 oz.) pkg. instant 3/4 c. cooking oil 3 eggs 1 c. 7-Up

pistachio pudding mix 1 c. chopped pecans 1/2 c. shredded coconut

Combine above in order given and mix well. Pour into 9 x 13-inch pan and bake for 45 minutes or until tests done.

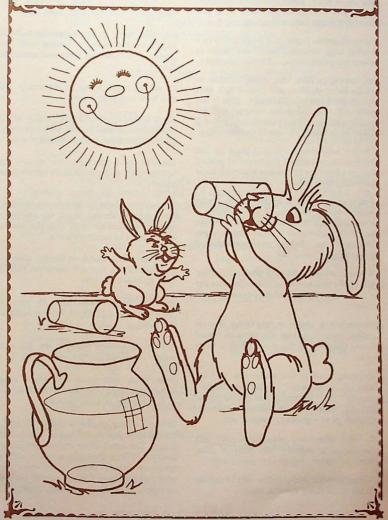
## Frosting:

2 (3 oz.) pkg. Dream 1 1/2 c. milk Whip 1/2 c. coconut 1 pkg. pistachio instant 3/4 c. nuts pudding

Combine Dream Whip, pudding and milk. Spread on cake and top with coconut and nuts (needs refrigeration).

Donna Davis Barrager Tonganoxie, KS

# Beverages, Sandwiches & Misc.



# **Helpful Cooking Hints**

Frozen gravies or sauces may be a little thicker after thawing than when they were freshly made. Adding a little appropriate liquid - milk, broth, bouillon or wine - will thin them to the desired consistency.

For extra juicy, extra nutritious hamburgers, add ¼ cup evaporated milk per pound of meat before shaping.

To ripen green pears, just place 2 or 3 in a brown bag, loosely closed, and store at room temperature out of direct sunlight.

In making pickles, use white vinegar to make clear pickles and coarse salt that which comes in 5 pound bags. This is not rock salt. Avoid using iodized salt for pickle making. Most pickles are better if allowed to stand six weeks before using.

Lemon jello dissolved in 2 cups of hot apricot nectar with 1 teaspoon of grated lemon added for zip makes a perfect base for jelled fruit salad.

Put a tablespoon of butter in the water when cooking rice, dried beans, macaroni, to keep it from boiling over. Always run cold water over it when done to get the starch out. Reheat over hot water, if necessary.

A pair of scissors (not the fowl kind - they are heavy and awkward to handle) fine for slivering celery, onion, meats, and cheese.

Never put a cover on anything that is cooked in milk unless you want to spend hours cleaning up the stove when it boils over.

Anything that grows under the ground start off in cold water - potatoes - beets - carrots - etc. Anything that grows above ground, start off in boiling water - English peas - greens - beans, etc.

To clean aluminum pots when they are stained dark, merely boil with a little cream of tarter, vinegar or acid foods.

Baking powder will remove tea or coffee stains from china pots or cups.

Learn where your fuse box and master cut-off switch is. If you know where the lever is to pull you can always cut the current off until a service man can come.

Canned cream soups make excellent sauces for vegetables, fish, etc. Celery and lobster black bean or onion with cauliflower - tomato with lamb chops.

Slip your hand inside a waxed sandwich bag and you have a perfect mitt for greasing your baking pans and casserole dishes.

To reheat roast, wrap in aluminum foil and heat in a slow oven.

Hard boiled eggs will peel easily when cracked and placed in cold water immediately after taking out of the hot water.

You can cut a meringue pie cleanly by coating both sides of the knife lightly with butter.

When recipe calls for adding raw eggs to hot mixture, always begin by adding a small amount of hot mixture to the beaten eggs slowly to avoid curdling.

To remove fish odor from hands, utensils and dish cloths, use one teaspoon baking soda to quart of water.

To keep icings moist and to prevent cracking, add a pinch of baking soda to the icing.

If soup tastes very salty, a raw piece of potato placed in the pot will absorb it.

Pour water into mold and then drain before pouring in mixture to be chilled. Will come out of mold easier.

When rolling cooky dough, sprinkle board with powdered sugar instead of flour. Too much flour makes the dough heavy. When freezing cookies with a frosting, place them in freezer unwrapped for about 2 hours - wrap without worrying about them sticking together.

## BEVERAGES, SANDWICHES & MISCELLANEOUS

#### PUNCH

1 (46 oz.) can unsweet- 2 c. sugar ened pineapple juice 2 qt. water

2 pkg. Kool-Aid (flavor to coordinate with color scheme)

Mix all ingredients, adding 1 quart ginger ale, and stir well. Refrigerate and serve. Ann Murphy

#### APPLE PUNCH SNOWFLAKE

2 c. applesauce

1 pt. light cream

1 (16 oz.) can frozen lemonade concentrate. thawed

1 pt. lemon sherbet nutmeg

6 (7 oz.) bottles chilled lemon-lime carbonated beverage

Combine appleauce and cream in punch bowl. Slowly stir in lemonade. Add scoops of sherbet and then add slowly the carbonated beverage. Sprinkle with nutmeg, if desired. Makes 24 four-ounce servings.

Nice punch for holiday guests!

Don and Mary Alice West Watsonville, CA

## SPARKLING CRANBERRY PUNCH

1 (16 oz.) can cranberry juice

2 c. apple juice

2 bottles 7-Up or ginger ale

1 (16 oz.) can lemonade, diluted according to directions on can

Combine cranberry juice, apple juice and lemonade. Chill. Just before serving, add 7-Up or ginger ale.

Expect compliments!

Grace Sharp

#### PUNCH

1 (46 oz.) can Hawaiian Punch

1 (46 oz.) can pineapple juice

1 (6 oz.) can frozen orange juice 1/2 (6 oz.) can lemonade 1/2 bottle ginger ale

Dennis Wallace Germany AF

#### WASSAIL

1 1/4 c. sugar

2 2/3 c. water

1 1/4 c. lemon juice (I use ReaLemon)

2 c. orange juice

2 1/2 qt. cider

2 c. water

8 whole cloves

3 sticks cinnamon, broken up

3 allspice berries

1 1/3 Tbsp. chopped ginger root

Boil the sugar and 2 2/3 cups water for 5 minutes. Place in a crock-pot the lemon juice, orange juice, water and cider. Add syrup. In a tea ball, place all spices and place in crock-pot. Simmer on high for 1 hour. Remove tea ball of spices. Let Wassail simmer on low for several hours. Float 2 slices of orange on top of Wassail for looks.

Mrs. Jessie Musgrove Longmont, CO

## WEDDING PUNCH

2 (3 oz.) pkg. lemon Kool-Aid or any flavor for color desired

1 (46 oz.) can apple juice

1 (46 oz.) can pineapple juice 3 (46 oz.) cans water

2 c. sugar

1 (2 liter) bottle 7-Up

Mix all ingredients and add ice.

Mrs. J. C. Musgrove Longmont, CO

#### PINK REFRESHER

2 c. (1 pt.) cranberry juice cocktail, chilled 2 c. (1 pt.) vanilla ice cream, osftened

4 c. (1 qt.) lemon-lime carbonated beverage, chilled

Place cranberry juice and ice cream in blender container and cover. Process at medium speed until smooth. Fill glasses 1/2 full and add chilled carbonated beverage to fill glasses. Serve immediately.

Makes eight 1-cup servings.

Note: Ginger ale or creme soda may be used instead of lemon-lime drink.

Mrs. J. C. (Jessie) Musgrove Longmont, CO

#### FRUIT PUNCH

1 1/2 c. water

1 1/2 c. sugar

Combine, bring to a boil and simmer 5 minutes. Chill before adding fruit juices. Can be kept in refrigerator for days. Combine:

2 1/2 c. pineapple juice 1 qt. ginger ale or grapefruit juice, mixed with 6 cans water

1 pkg. frozen raspberries (optional)

Combine fruit juice with syrup and return to refrigerator to keep cool. Add ginger ale to punch bowl as you serve. If using raspberries, thaw gradually in refrigerator and add to punch just before serving. Makes about 40 servings.

Eula Crawford

# BASIC RECEPTION PUNCH FOR 100

4 (2 qt.) pkg. Kool-Aid (regular)

4 scant c. sugar with amount water specified on Kool-Aid pkg.

1 (46 oz.) can pineapple iuice

1 pt. ReaLemon juice

4 (12 oz.) cans frozen lemonade (no water)

Make into a syrup and keep in refrigerator until ready to use. When ready to serve, add 2 gallons of chilled water.

This can be made in nearly any color by choosing

the Kool-Aid color you want.

Eula Crawford

# FRUIT SHERBET PUNCH

1/2 gal. sherbet

2 qt. ginger ale

Blend softened sherbet with ginger ale. Serve at once. For various color schemes in decorations and refreshments, select the appropriate sherbet for punch. An ice ring of harmonizing color and addition of maraschino cherries or pineapple will keep bowl cool and add attraction. Makes about 35 punch-cup servings.

Eula Crawford

### GREEN PUNCH

1 (46 oz.) can pineapple juice

3 pkg. lime or lemonlime Kool-Aid

1 small can orange juice

3 (46 oz.) cans water

2 1/2 c. sugar

1 (6 oz.) can frozen lemonade

1 qt. ginger ale (add just before serving)

Eula Crawford

# GRAPE PUNCH

1 qt. boiling water

3 tsp. tea

Pour water over tea and steep 5 minutes. Strain and cool.

1 qt. grape juice sugar to suit taste
12 bottles orange pop or 4 cans frozen lemon juice

Chill in refrigerator. Add 1 quart ginger ale just before serving. Makes 100 servings.

Eula Crawford

#### GOLD PUNCH

2 (No. 2 1/2) cans pineapple juice 16 bottles orange pop 4 cans frozen lemon iuice

2 tall cans apricot juice

Add 1 quart ginger ale just before serving. Makes 100 servings.

Eula Crawford

#### YELLOW DAFFODIL PUNCH

1 (46 oz.) can grapefruit-pineapple drink

1 (12 oz.) can orange iuice

1 (6 oz.) can frozen lemonade with water

according to directions 1 (8 oz.) can apricot nectar

1 pkg. orange Kool-Aid with water according to directions

1 pkg. orange Kool-Aid with water according to directions

2 small bottles 7-Up

Add 7-Up just before serving. Makes 60 punch cups.

Eula Crawford

## PUNCH

2 c. boiling water 1 large box strawberry jello 1/2 c. sugar 3 c. cold water

1 (46 oz.) can unsweetened pineapple juice 2 small cans frozen orange

juice

2 small cans lemonade

4 qt. ginger ale

Dissolve jello and sugar in boiling water. Add cold water, juices and lemonade. When ready to serve, add ginger ale.

Ann Murphy

# ROSY ICED TEA

3 c. fresh tea 3 c. cranberry juice cocktail 1/4 c. light corn syrup

3 Tbsp. lemon juice ice cubes lemon wedges (optional) Combine tea, cranberry juice cocktail, corn syrup and lemon juice. Pour over ice cubes in tall glasses. Garnish with lemon wedges, if desired. Makes 6 servings.

Ann Murphy

#### RUSSIAN TEA

2 c. Tang 2 c. sugar 1 1/2 c. lemonade mix

1/2 c. instant tea 1 tsp. cinnamon 1 tsp. cloves

Mix and use as you would instant tea.

Ann Murphy

# BEEF AND CHICKEN GUMBO OPEN SANDWICHES

1 lb. ground beef

1 Tbsp. onion, chopped

1 tsp. mustard 1 Tbsp. catsup be

1 can chicken gumbo soup hamburger buns grated Cheddar cheese

Brown meat with onion and drain. Add remaining ingredients. Cook, uncovered, 20 minutes. Spread on buttered half of hamburger buns. Top with grated cheese and broil until cheese bubbles.

Joann Mathis

#### CARAMEL CORN

2 c. brown sugar 2 sticks oleo 1/2 c. white syrup

1 tsp. salt

Pop enough corn to fill large cake pan. Mix together above ingredients and bring to a boil. Boil 5 minutes. Remove from stove and add 1/2 teaspoon baking soda. Mix well. Pour over corn. Bake at 250° for 1 hour. Stir every 15 minutes.

Gary and Vickie Chadwell Ottawa, KS

# QUICK AND EASY CARAMEL CORN

1 c. brown sugar 1/2 c. butter

1/2 c. honey

Boil together for 1-2 minutes. Remove from heat and stir in 1 teaspoon soda. Pour over salted popcorn and enjoy.

Ann Murphy

#### PECAN BRITTLE

2 c. sugar 1/2 c. light syrup 1 c. brown sugar 1/2 c. water 1/8 tsp. salt 1/4 c. soft butter 1/8 tsp. baking soda 2 tsp. vanilla 2 c. pecans, chopped

Boil sugars, syrup, water and salt to 300° (brittle in cold water), stirring only until sugar dissolves. Add butter, soda and vanilla, stirring only until mixed. Add nuts and pour at once onto greased cookie sheet. Smooth out and mark into squares.

Donna Ellis Ness City, KS

#### PEANUT CLUSTERS

1 lb. chocolate chips 1 lb. white chocolate 1 lb. Spanish salted peanuts

Melt chocolate chips and white chocolate in double boiler. Add peanuts. Drop by spoonfuls on waxed paper.

Kris Nelson

# RUSSELL STOVER'S FUDGE

4 1/2 c. sugar
1 large can evaporated milk
1 stick butter
2 (8 oz.) Hershey bars

1 (12 oz.) pkg. chocolate chips

1 pt. Marshmallow Creme

1 tsp. vanilla

Combine first 3 ingredients. Boil 8 minutes, stirring constantly. Add the last 4 ingredients and beat well. Add nuts, if desired. Makes 5 pounds.

Norman Seaton Fort Worth, TX

#### PEANUT BUTTER CANDY

12 oz. peanut butter 1 c. powdered sugar 1 c. brown sugar 1 c. chopped pecans

Mix peanut butter and brown sugar together in a bowl. Make balls. Then roll balls into powdered sugar bowl and then into pecan bowl.

Ann Murphy

# ROCK CANDY

2 c. sugar 1/2 c. water desired food coloring

powdered sugar 1 c. Karo light corn syrup 1/4 tsp. flavoring extract

Mix sugar, syrup and water in large, heavy saucepan. Stir over medium heat until sugar dissolves. Boil, without stirring, until temperature reaches 310° or until drops of syrup form hard and brittle threads in cold water. Remove from heat. Stir in flavoring, oil and coloring. Sprinkle long cake pan with powdered sugar. Pour mixture onto pan. Cool and break into pieces. Store in airtight container.

Note: Adjust amount of flavoring extract to taste, if desired. Extract is available in a wide variety

of flavors.

Becky McBeth

# CHEESE BALL

2 (8 oz.) pkg. cream 1 large onion, chopped cheese

fine

2 pkg. dried beef, chopped

1/2 c. Accent seasoning 1/2 c. chopped pecans

Set aside half the nuts and about 1/4 of the chopped beef. Combine all other ingredients. Shape into ball and roll in remaining nuts and beef. Chill. Makes good Christmas gifts for neighbors.

Irene Hart Geneseo, KS

#### PARTY CHEESE BALL

2 (8 oz.) pkg. cream cheese, creamed
1 Tbsp. chopped pimento
1 tsp. lemon juice dash of salt
2 tsp. Worcestershire sauce

1 (8 oz.) pkg. Cheddar cheese, grated

1 Tbsp. chopped green pepper

1 tsp. finely chopped onion dash of cayenne pepper pecans, finely chopped

Mix cheeses together until well blended. Add remaining ingredients, except pecans, and mix well. Shape into balls and roll in pecans. Wrap and chill for 24 hours.

Becky McBeth

#### FIESTA DIP

2 medium ripe avocados
2 Tbsp. lemon juice
1/2 tsp. salt
1/4 tsp. pepper
1 c. sour cream (8 oz.)
1/2 c. mayonnaise or
salad dressing

1 (1 1/4-1 1/8 oz.) pkg. taco seasoning mix

2 (10 1/2 oz.) cans plain or jalapeno-flavored bean dip 1 large bunch green onions with tops, chopped (1 c.)

2 medium tomatoes, cored, halved, seeded and coarsely chopped (2 c.)

2 (3 1/2 oz.) cans pitted ripe olives, drained and coarsely chopped

1 (8 oz.) pkg. sharp Cheddar cheese, shredded

large round tortilla chips

Peel, pit and mash avocados in a medium-sized bowl with lemon juice, salt and pepper. Combine sour cream, mayonnaise and taco seasoning and mix in bowl.

To assemble, spread bean dip on a large, shallow serving platter and top with seasoned avocado mixture. Layer with sour cream-taco mixture. Sprinkle with chopped onions, tomatoes and olives. Cover with shredded cheese. Serve chilled or at room temperature with chips.

Donna Wilkes Debbie Barnhouse

#### VEGETABLE DIP

1 c. sour cream 1/2 c. Parmesan cheese

2 Tbsp. parsley

8 oz. Mozzarella cheese

1 pt. Hellmann's mayonnaise

2 Tbsp. minced onion

1 tsp. garlic powder

Mix all together. Refrigerate at least 5 hours before serving.

Ann Murphy

#### MEXICAN BEAN DIP

sauce

1 (16 oz.) can refried beans

1 (3 oz.) jar picante 1 c. grated Cheddar or Monterey Jack cheese

Heat beans and picante sauce until they bubble. Add cheese and heat until cheese begins to melt. Pour into bowl and serve with tortilla chips.

Becky McBeth

#### CHILI SEASONING MIX

6 Tbsp. all-purpose flour

3/4 c. instant minced onion

3 Tbsp. chili powder

2 Tbsp. seasoned salt

1 Tbsp. crushed dried red pepper

1 Tbsp, instant minced garlic

1 Tbsp. sugar

1 Tbsp. ground cumin

Mix well. Makes 6 packages chili seasoning mix (1/4 cup equals 1 package). Store in Tupperware for future use.

Anita Diener

# ONION SOUP MIX

2 jars instant beef bouillon (Wyler's 2 1/4 oz. jar; not cubes)

1/4 c. parsley flakes 1/4 c. onion powder 2 Tbsp. onion salt

1 c. dry minced onion 1/2 tsp. pepper

Mix well. One-fourth cup equals 1 envelope mix. Can be stored in Tupperware midgets, fills 9.

Anita Diener

#### SPAGHETTI SEASONING MIX

6 Tbsp. instant minced onion

6 Tbsp. parsley flakes

6 Tbsp. cornstarch

4 Tbsp. green pepper flakes

2 1/2 Tbsp. salt

1 1/2 tsp. instant minced garlic

2 Tbsp. sugar

4 1/2 tsp. Italian seasoning or combination of oregano, basil, rosemary, thyme, sage and marjoram

Makes 6 packages of spaghetti mix; 1/3 cup equals 1 package. Also great for pizza sauce and lasagne.

Anita Diener

#### SLOPPY JOE SEASONING MIX

6 Tbsp. instant minced onion

2 Tbsp. green pepper flakes

2 Tbsp. salt

2 Tbsp. cornstarch

1 Tbsp. instant minced garlic

1 1/2 tsp. dry mustard 1 1/2 tsp. celery seed

1 1/2 tsp. chili powder

Stir and store in Tupperware. Makes 6 packages. About 2 tablespoons equal 1 package.

Anita Diener

# SEASONING COATING MIX (Like Shake 'n Bake)

4 c. flour

4 Tbsp. salt

2 tsp. garlic salt

2 tsp. onion salt

3 Tbsp. paprika

4 c. cracker meal (blend crackers)

1/4 c. cooking oil

Stir and store in Tupperware in the refrigerator. This recipe equals 20 packages of commercial seasoning mix.

Anita Diener

# SEASONED SALT

1 (26 oz.) box iodized salt

2 1/8 oz. celery salt 2 3/4 oz. garlic salt

Z 0/1 oz. Barre s

2 1/4 oz. onion salt1 oz. Accent or monosodium glutamate2 Tbsp. chili powder

2 Tbsp. paprika 1 Tbsp. sugar 1 tsp. pepper 1/4 c. dried parsley flakes

Amounts can vary slightly. Mix together very well. Either press parsley flakes through a metal sieve or powder in blender. Store in Tupperware.

Anita Diener

# EAGLE BRAND

1/4 c. hot tap water 1 1/4 c. 3/4 c. granulated sugar powder

1 1/4 c. dry nonfat milk powder

Place water and sugar in blender. Blend 1 minute or until the sugar has partially dissolved. Add the dry milk slowly while continuing to blend. Refrigerate at least 24 hours before using. Refrigeration is the secret of this imitation. Makes about 1 1/2 cups and can be used in all recipes.

Twila Dumond

#### TACO SEASONING MIX

4 Tbsp. instant minced onion

2 Tbsp. salt

2 Tbsp. chili powder

1 Tbsp. cornstarch

1 Tbsp. crushed dried red pepper

1 Tbsp. minced garlic (instant)

1 1/2 tsp. dried oregano

1 Tbsp. ground cumin

Combine all ingredients. Store in cool, dry place. Use within 6 months. Makes 6 packages taco seasoning mix. Two tablespoons equal 1 package of seasoning mix.

Anita Diener

# PAN COATING

1 c. shortening 1 1/3 c. flour 1/3 c. cornstarch

Beat with mixer until like whipped cream. Store in refrigerator. Flouring not necessary with this mix.

Erma Prigmore

#### CARPET CLEANER

2 Tbsp. detergent

1 qt. warm water

3 Tbsp. vinegar

Mix together and work into carpet either with a brush or terry cloth.

Maxine Byers Fargo, ND

## WINDOW CLEANER

1 gal. water 1 pt. rubbing alcohol 2 Tbsp. Prell shampoo

Mix all together and put in spray bottle. Maxine Belong Byers Fargo, ND

#### PLAY DOUGH

1 c. flour 1 Tbsp. vegetable oil 1 c. water

2 tsp. cream of tartar 1/2 c. salt

Mix all ingredients. Cook over medium heat. Beat until ball forms. Cool and knead. Food coloring may be added.

Ann Murphy Geneseo, KS

# RECIPE FOR A HAPPY DAY

A heart full of thankfulness

A thimble full of care

A soul full of hopefulness

An early morning prayer

A smile to greet the morning with

A kind word as a key to open and greet the day, whatever it brings to thee

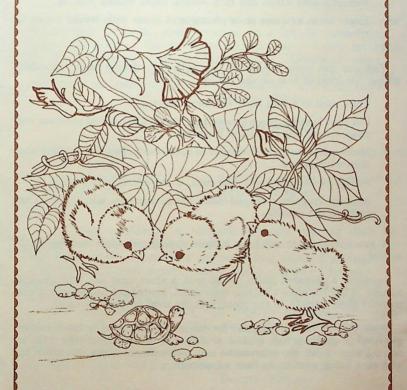
A patient trust in providence to sweeten all the way.

All these combined with thoughtfulness will make a happy day!

Irene Hart

\*\* EXTRA RECIPES \*\*

# Microwave Dishes



# The Magic of Microwaving

The microwave is perfect when you want to prepare meals in advance. There are many times when it is very convenient to prepare a meal in advance and reheat it at serving time. When using the microwave to reheat:

Heat dense foods, like mashed potatoes and baked beans first, as they retain heat longer than other foods.

To speed heating, cover the dish and stir only occasionally. Reheat roasts whole and turn several times during heating.

Layer slices of meat on a platter and cover with waxed paper to reheat.

You can use your microwave for split-shift dining with individual plates. To arrange food on the plates:

Place food in a thin layer for faster heating.

For even heating, place slow-to-heat items, like mashed potatoes and meat around the outside of the plate.

Make a depression in the center of dense foods, like baked beans and mashed potatoes.

Put quick-heating foods, like corn, in the center of the plate.

Arrange irregularly-shaped foods, like turkey legs, with the thickest parts to the outside.

A sauce over meat will keep it from drying out while waiting to be served.

To reheat a prepared plate: Start with a short time and add time, if needed. When the plate's bottom feels warm, foods have heated enough to transfer their warmth to the plate, and the meal is ready to serve.

If you plan on having company for dinner, the entire party menu can be prepared in advance and cooked or reheated in the microwave just at serving time. Also, the microwave and conventional ovens can team up with each being used to its best advantage.

# MICROWAVE DISHES

#### MEATBALL STEW

1 lb. lean ground beef 1 egg 1/2 c. fine bread crumbs 2 Tbsp. onion soup mix

1 (16 oz.) can sliced carrots, drained

1 (16 oz.) can whole white potatoes, drained

1 (8 oz.) can small white onions, drained

1 (10 oz.) pkg. frozen peas

1 can condensed tomato soup

1 can condensed beef broth

Combine meat, egg, bread crumbs and soup mix. Shape into 12 balls and arrange in a circle in 9-inch glass pie plate. Cover with wax paper. Cook on high for 9-12 minutes, turning dish once. Combine vegetables and soups in casserole. Add meatballs. Cover and cook on medium for 15-20 minutes, stirring once.

Donna Wilkes

# ALL AT ONCE SPAGHETTI

1 Tbsp. butter 1 large onion (1 c.) 3/4 lb. ground beef 1 1/2 tsp. salt 1/4 tsp. pepper 2 (8 oz.) cans tomato sauce 1 1/2 c. water 1/4 lb. uncooked spaghetti grated cheese

Melt butter in a 10-inch ceramic baking dish in microwave oven and add onion. Cook 3 minutes, stirring twice. Crumble in beef and cook 4 minutes, until it loses red color. Add salt, pepper, tomato sauce and water. Cover and heat 4 minutes. Turn dish halfway through cooking time. Break spaghetti in half and mix into heef and tomato mixture. Replace lid and cook 10-12 minutes, until spaghetti is tender. Turn dish and mix spaghetti every 3 minutes. Let stand, covered, 10 minutes and serve with grated cheese. Cook with microwave setting on high.

# ONION AND CHEESE CHICKEN BAKE

4 Tbsp. butter 1 tsp. salt

1/2 lb. fresh mushrooms, sliced

2450-86 -135-

6 chicken breasts. skinned and boned (about 2 lb. after boning) 1 tsp. pepper

1 (3 oz.) can French fried onion rings 1/2 c. grated Jack or Swiss cheese

Melt butter in baking dish on medium setting on microwave for 1 minute or until melted. Add seasonings. Roll chicken in seasoned butter to coat and arrange in dish. Cover with wax paper and cook on high 5-6 minutes. Turn pieces over and top with mushrooms. Continue to cook on high for 4 minutes. Sprinkle with onion rings and grated cheese. Cook on high for 2-3 minutes or until cheese bubbles.

Donna Wilkes

### FRANK REUBEN SANDWICHES

butter or margarine 4 slices dark rye bread, toasted

6 frankfurters, sliced lengthwise in halves

- 1 (8 oz.) can sauerkraut, drained
- 4 Tbsp. Thousand Island dressing
- 4 slices Swiss cheese

Lightly butter toast. Arrange 3 frank halves on each toast slice. Divide sauerkraut among sandwiches. Spoon 1 tablespoon dressing on each. Top with 1 slice Swiss cheese. Wrap each sandwich in paper towels. Place 2 sandwiches on microproof plate and cook on high 2 1/2 minutes or until cheese is melted and sandwich is hot. Repeat with remaining sandwiches. Top with additional dressing, if desired. Serves 4. Irene Hart

# CREAMED CABBAGE

1 tsp. cornstarch 1/2 c. milk 6 c. shredded cabbage 1 (3 oz.) pkg. cream cheese, cut up

1 Tbsp. parsley flakes 1 Tbsp. minced onion 1 tsp. salt 1/8 tsp. white pepper

Dissolve cornstarch in milk. Combine all ingredients in 2-quart microproof casserole. Cover and cook on high 6-7 minutes or until cabbage is tender, stirring once during cooking time. Stir and let stand 2 minutes before serving.

Irene Hart

#### CHEEZY BROCCOLI-RICE CASSEROLE

1/3 c. uncooked rice 1 Tbsp. dried onion 1 (10 oz.) pkg. frozen salt and pepper to taste chopped broccoli 1 (8 oz.) jar Cheez Whiz 1 can cream of mushroom soup

Place rice, broccoli and onion flakes in glass dish. Microwave on high 15 minutes or until rice is Mix in soup, salt and pepper. Top with cheese. Cover and microwave on high 10 minutes or until cheese bubbles. Yields 6 servings. Dorothy Smith

### SCALLOPED CORN

1/4 c. butter or margarine 1/2 c. thinly sliced green onions

2 (17 oz.) cans cream-style 1/2 tsp. salt 1/4 tsp. ground thyme 1 c. diced bread cubes

Place butter and onions in 1 1/2-quart microproof casserole. Cook on high 3 minutes or until onions are transparent. Add remaining ingredients, except bread cubes, and blend well. Cook on high 5 minutes. Stir. Sprinkle bread cubes on top of corn. Cook on 80 (reheat) for 1 minute. Let stand 2 minutes before serving.

Irene Hart

# MICROWAVE SCALLOPED POTATOES

4 medium potatoes 1 small onion, thinly sliced 3 Tbsp. flour 1 1/2 tsp. salt

1/2 tsp. pepper 1 c. milk, scalded paprika 2 slices cheese (optional)

Arrange half the sliced potatoes and onion in a 2-quart glass bowl. Combine flour, salt and pepper. Sprinkle half the mixture over potatoes. Repeat.

2450-86

-137-

Pour scalded milk over potatoes and sprinkle with paprika. Microwave on high for 10 minutes, adding cheese the last minute of cooking.

Dorothy Smith

#### PICNIC PICKLED BEANS

2 c. fresh frozen green beans (frozen in pt. microwave bag)1/4 c. vinegar3 Tbsp. water 3 Tbsp. sugar 3 Tbsp. pickle relish 1/2 tsp. dried dill weed 1 small red onion, sliced

Open bag to make 1-inch vent in center. Cook on high 3 minutes. Add remaining ingredients, except onion. Reseal, leaving 1-inch vent. Cook 3-4 1/2 minutes on high. Add onion. Reseal bag and cool. Serve cold.

Erma Prigmore

# MICROWAVE FRUIT PUDDING

1 can pie filling  $\,$  1 box dry cake mix  $\,$  1/4 c. cold oleo, thinly sliced

Cinnamon-Sugar Mixture:

2 Tbsp. sugar 1 tsp. cinnamon 1/4 c. nuts

Spread pie filling in 8-inch square dish. Microwave on high 4 minutes. Stir after 2 minutes. Sprinkle cake mix over fruit. Dot on oleo slices. Sprinkle cinnamon-sugar mixture over top. Cook on high 11-13 minutes, rotating dish after 6 minutes.

Duane Small Inverness, FL

# 10-MINUTE PEANUT BRITTLE

1 c. sugar 1/4 c. light corn syrup 1/8 tsp. salt 1-1 1/2 c. raw peanuts 1 Tbsp. oleo 1 tsp. vanilla 1 tsp. soda Combine sugar, syrup and salt in dish. Microwave on high 5 minutes. Stir in peanuts. Microwave 3-5 minutes, stirring after 3 minutes, until syrup and peanuts are lightly browned. Stir in butter, vanilla and soda until light and foamy. Spread to 1/4-inch thickness on large, well-buttered cookie sheet. Cool mixture on cookie sheet 3-5 minutes. Lift from sheet and pull or stretch mixture to desired thickness.

Makes 1 pound.

Dorothy Smith Irene Hart

\*\* EXTRA RECIPES \*\*

\*\* EXTRA RECIPES \*\*

# Canning



# Canning

When making jelly and jam, hang a piece of string over the edge of the glass before pouring in paraffin. This makes it easier to remove the paraffin when opening for table use.

Jam or jelly that is hard or sugary will be like new if you leave it in awarm oven until the sugar softens.

Add two tablespoons of vinegar when canning strawberries, this will retain the red color of the berries.

You can make jelly much clearer and more attractive looking by straining the fruit through a flour sifter. It saves a lot of time and effort too.

To prevent jam from burning, rub the bottom of preserving pan with a little oil.

To keep dill pickles crisp, add a teaspoon of alum to the liquid when pickles are canned.

Use only sack salt for pickles and kraut because other salt has been treated, thus will soften, discolor, and give unpleasant taste.

To keep pickles from shriveling add one heaping tablespoon of alum to first salt water.

How to Prevent Mold in Jelly: If circles of tissue paper the size of the tops of jelly glasses are dipped in vinegar and placed on top of jelly or jam they will not mold.

Do not peel pears for canning, scald as you do tomatoes and the skins will slip off.

If you wash strawberries thoroughly before stemming there will be no waste and your berries will stay firm.

When canning tomatoes, put onions and peppers in with them. This is grand with rice or macaroni and it is all ready to use.

When preparing pears or peaches for canning add a teaspoon salt to the water in which they stand to prevent them from turning brown.

New Preserving Method: If you are interested in "extra-special" preserves, freeze the fresh fruit in season and make it into preserves as you need it. Laboratory tests at the Illinois College of Agriculture indicate that this method is superior to the old one of making the preserves when the fruit is in season.

# CANNING

#### SWEET PICKLE STICKS

#### Solution:

3 3/4 c. vinegar 3 Tbsp. canning salt (5% acidity) 4 1/2 tsp. celery seed 3 c. sugar (I use 6 c. 4 1/2 tsp. turmeric instead) 3/4 tsp. mustard seed

Use fresh, firm medium cucumbers. Wash and cut them into sticks. Pour boiling water over them and let it stand 4-5 hours. Drain and pack solidly into sterilized Kerr jars. Make solution.

Boil the solution for 5 minutes. Pour boiling hot over cucumbers to within 1/2 inch of top of jar. Put on cap. Screw band firmly tight. Process in boiling water bath 5 minutes. Solution fills 6 pint jars.

Note: If sweeter pickle is desired, double measurement of sugar.

Ann Murphy

# CROCK-POT CHUNK-STYLE APPLESAUCE

8-10 large cooking apples, peeled, cored and sliced or cut in chunks

1/2 c. water 1 tsp. cinnamon 1/2-1 c. sugar

Put all ingredients into cooker. Cover and cook on low overnight, 8-10 hours. Serve warm with or without cream.

Ann Murphy

# CUCUMBER RELISH

2 1/2 qt. cucumbers (peel if desired)
2 1/2 c. ground carrots
2 c. chopped onions
1 c. chopped red pepper
1 1/2 c. chopped green peppers

1 (4 oz.) jar pimentos, chopped

3 c. water2 Tbsp. salt3 c. vinegar

2 c. sugar
1/4 tsp. turmeric powder
1 tsp. celery seed

Shred cucumbers or grind. Chop onions, peppers and pimentos fine. Add water and salt to cucumbers and let stand 3 hours, then drain. Rinse 2 times in clear water. Add rest of ingredients to cucumbers and bring to a boil. Simmer 10 minutes or a little longer. Then pack in sterilized jars and seal while hot. Process in hot water bath for 10 minutes. Makes 6 pints.

If you like this hot, add a hot pepper.

f you like this hot, add a hot pepper Mina Kempke Kanapolis, KS

#### CUCUMBER RINGS

cucumbers (about 4 qt.)
2 c. dehydrated lime
6 c. vinegar
10 c. sugar

1 bottle red coloring 1 large pkg. red hots 2 Tbsp. alum

Peel cucumbers. Take out seeds and cut in chunks. Mix lime with 9 cups cold water. Pour mixture over cucumbers and soak 24 hours. Drain. Wash thoroughly in cold water. Soak 3 hours in ice water.

Mix 1 cup vinegar, 2 tablespoons alum and water to cover and pour over cucumbers. Cook until liquid is gone. Dissolve and bring to a boil 5 cups vinegar, the sugar, food coloring and red hots. When dissolved, pour over cucumbers. The next day, drain the liquid from pickles. Reheat the liquid and add to pickles again. The third day, repeat process and seal.

Marylin Matthias Hinkle

# BREAD AND BUTTER PICKLES

10 large cucumbers, sliced 3 large onions (optional) 1 1/2 pt. vinegar 3 c. sugar

1 Tbsp. salt 1 Tbsp. celery seed 1 Tbsp. mustard seed 1 Tbsp. turmeric

Do not peel cucumbers. Mix sugar, vinegar and spices. Bring to a boil. Add cucumbers and onions. Let simmer 8 minutes. Can and seal (3 quart Joy Belote

# BREAD AND BUTTER PICKLES

25-30 medium-sized cucumbers 8 large white onions

8 large green and red bell peppers

1/2 c. salt

5 c. cider vinegar

1/2 c. firmly packed brown sugar

5 c. white sugar

2 Tbsp. mustard seed

1/2 tsp. cloves

1 Tbsp. mixed pickling spice, tied in cloth

Wash cucumbers and slice thin. Chop onions and peppers. Combine with cucumbers and salt. Let stand 3 hours and drain. Rinse once in clear water. Combine vinegar, sugar and spices in large preserving kettle and bring to a boil. Boil about 5 minutes. Add drained cucumbers and heat thoroughly, but do not boil. Pour into hot sterilized jars and seal. The more bell peppers used in this recipe, the better it is. Mina Kempke

# CROCK DILL PICKLES

fresh, firm, small to medium-sized cucumbers

# Solution:

3 c. water 1 c. vinegar 1/4-1/2 c. pickling and canning salt

2 or 3 Tbsp. dill seed or a sprig or 2 fresh dill

3 cloves garlic (optional)

2 Tbsp. alum

Wash cucumbers and cut lengthwise. Bring solution to a boil. (Be sure to make enough to cover the pickles in the crock or gallon jars.)

Meanwhile, put dill, garlic and alum in bottom of 4-gallon crock. Put cucumbers in and pour boiling hot brine over. Weight pickles down so they stay covered with brine. Let stand 3 or 4 days, no longer. Pack pickles in jars with brine and refrigerate.

Note: To save time and extra work, use gallon jars with lids instead of crocks for making dill pickles.

Variation: Use same recipe, except use 1 teaspoon alum instead of 2 tablespoons. Good with or without garlic.

Ann Murphy

#### CURRY PICKLES

24 medium cucumbers. cubed or thinly sliced 1/2 c. salt (canning salt) 8 c. water 1 tsp. curry powder

2 c. vinegar (5% acidity) 2 1/2 c. sugar 1/4 c. mustard seed 1 Tbsp. celery seed

Wash cucumbers and drain. Combine salt and water. Pour over cucumbers. Let stand 5 hours. Drain and rinse thoroughly. Mix remaining ingredients and heat to boiling. Pour over cucumbers that have been packed into sterilized jars to within 1/2 inch of top. Put on cap and screw band firmly tight. Process in boiling water bath 5 minutes. Yields 5 pints. Ann Murphy

#### SWEET DILL PICKLES

1 gal. cucumbers, sliced in halves 3 c. sugar 1 qt. vinegar 2 Tbsp. dill seed or weed 2 Tbsp. salt 2 Tbsp. mustard seed 2 c. household lime 2 gal. water

Soak cucumbers in lime water for 24 hours. Rinse well. Cover with clear water and soak 3 hours. Drain and cover with following mixture.

Combine sugar, salt, dill seed or dill weed and mustard seed. Bring to a boiling point. Drop in cucumbers. Do not boil again. Keep below simmering for 10 minutes. Can in hot sterilized jars at once.

Mina Kempke

# CRISPY SWEET PICKLES

25-30 small cucumbers 2 c. lime (calcium hvdroxide) 2 gal. water

2 qt. vinegar (5% acidity) 8 c. sugar 2 tsp. whole cloves 1 tsp. salt

Slice cucumbers about 1/8 inch thick. Dissolve lime in water and cover cucumber slices. Let stand 24 hours. Rinse well. Let stand 3 hours in clear water. Drain. Mix well vinegar, sugar, cloves and salt. Pour over cucumbers. Let stand overnight. In the morning, bring to a boil and boil 35-40 minutes. Fill sterilized jars within 1/2 inch of top with cucumbers and syrup. Put on cap, screw band firmly tight and process in boiling water bath 5 minutes. Yields 10 pints.

Ann Murphy

#### SWEET STICK PICKLES

3 3/4 c. vinegar 3 c. sugar

3 Tbsp. salt

4 1/2 tsp. turmeric 4 1/2 tsp. celery seed 3/4 tsp. mustard seed

Boil solution for 5 minutes. Pour boiling hot over cucumbers in jars. Put caps on and screw bands firmly. Process in boiling water bath 5 minutes. Slice cucumbers lengthways to put in jars.

Anna Lea Lois Wallace

#### PICKLED BEETS

2 c. sugar

2 c. water

2 c. vinegar 1 tsp. cloves 1 tsp. allspice 1 Tbsp. cinnamon beets

Mix all ingredients together and pour over beets. Boil 10 minutes. Pack into sterilized jars and seal.

Kris Nelson

# PICKLED BEETS

3 c. sugar 2 c. vinegar

1 c. water

1 Tbsp. mixed pickling
 spice, tied in a cloth
1 small onion

1 small onion 1 clove garlic

Cook or steam beets. I like to steam my beets until tender. Slip skins from beets and pack in sterilized jars with 1 clove garlic and 1 small onion, sliced (more if desired). Boil sugar, water and spice 10 minutes. Pour over beets in jars and seal at once.

Mina Kempke

#### BEET PICKLES

beets vinegar sugar water

stick cinnamon whole cloves canning salt

Pull beets, leaving 1-2 inches of tops on. Do not cut taproot off, beets will bleed. Wash beets thoroughly and boil gently for about 15 minutes. Slip skins off. Skin and trim off the rest of stem and the root. Leave small beets whole, slice older beets. Pack hot, as soon as possible, in clean hot jars. Add 1 teaspoon canning salt to quarts and 1/2 teaspoon to pints. Mix 2 cups sugar, 1 1/2 cups vinegar and 2 cups water. Heat to boiling. Pour over hot beets. Add 3 or 4 cloves and 1/2 stick cinnamon. Adjust lids. Process in pressure canner for 30 minutes for pints and 35 minutes for quarts at 10 pounds of pressure.

Dorothy Smith

### PICKLED OKRA

dill weed or seed small okra celery leaves 1 pt. white vinegar 1 bud garlic/per jar 1/4 c. salt 1 dried red chili pepper (if you want it hot)

Wash small okra with brush and pack in pint jars. Add a few diced celery leaves and garlic bud. Add dill seed or weed to taste. Heat 1 quart of water, the vinegar and salt to boiling. Pour over the okra. Seal and let stand 6 weeks. Makes about 6 pints.

Marylin Matthias Hinkle

# HOT PEPPERS

jalapeno peppers

2 qt. water 1 qt. white vinegar 1/2 c. pickling salt

Mix vinegar, water and salt together. Bring to a boil. In clean, hot jars, place 1 clove garlic per jar and as many peppers as you can. Pour boiling brine in jars to within 1/2 inch from top. Seal with hot lids. Process in boiling water bath for 10 minutes.

I sometimes add little carrots, onions or pieces of cauliflower.

## Dorothy Smith

#### EASY APPLE BUTTER

14 c. pulp 7 c. sugar 2 Tbsp. cinnamon 2 Tbsp. cloves

Wash and core apples. Cook until tender. Drain off juice. Run cooked apples through colander to remove peelings. Place in large covered pan and cook at 300°-325° (not any hotter) until as thick as desired, about 1 1/2 hours. Place in hot jars and seal. Dorothy Smith

## PEACH OR APRICOT BUTTER

4 (30 oz.) cans peaches 2 tsp. cinnamon or apricots, drained 2 Tbsp. lemon juice 3-4 c. sugar

Drain fruit and remove pits. Puree fruit using blender or food strainer. Pour into crock-pot. Add remaining ingredients. Cover and cook on high 8-10 hours. Remove cover during last half of cooking. Stir occasionally. Makes 4 1/2 pints. If a thicker preserve is desired, continue cooking with the cover removed.

Variation: For fresh peach or apricot butter, wash, peel, pit and cook fruit until soft. Add sugar when cooked, using 1/2-3/4 cup sugar to each cup of fruit. Add spices and cook as directed in recipe. Ann Murphy

# CHERRY PIE FILLING

9 lb. pitted cherries 7 c. sugar 1 c. quick-cooking tapioca

1 tsp. salt (optional) 14 drops almond flavoring 7 c. water 3 Tbsp. lemon juice

Blend dry ingredients. Add water and flavoring. Cook on medium heat. Stir until thick and bubbly. Cook 2 more minutes. Add lemon juice and

cherries. Bring to rolling boil. Boil 1 minute. Ladle into jars. Process in boiling water bath 25 minutes.

Treva Douglass

#### GREEN TOMATO MINCEMEAT

3 lb. chopped tart red apples 2 tsp. salt 2 tsp. allspice 2 tsp. cloves tomatoes 8 c. sugar 1 Tbsp. cinnamon 1 c. suet

Mix chopped apples and tomatoes with ground suet. Add to other ingredients. Bring to a rapid boil, then simmer until thick, 30-45 minutes. Pour into sterilized jars and seal.

Anna Lea Wallace

#### RHUBARB JAM

4 c. rhubarb, cut in 1 c. crushed pineapple 1/2-inch pieces 1 pkg. raspberry jello 4 c. sugar

Mix rhubarb and sugar and let set until real moist. Put on a slow fire until syrup. Cook at full boil for 10 minutes. Add pineapple and cook 3 minutes. Next, add jello. Stir until dissolved. Put in jars and paraffin. Can be doubled or tripled.

Joy Belote

# RHUBARB JAM OR TOPPING

4 c. sugar 1 (3 oz.) pkg. raspberry 3 c. chopped rhubarb or strawberry gelatin

Cook sugar and rhubarb 5 minutes. Stir in gelatin. Pour into hot, sterilized jars and seal.

Twila Dumond

# HOW TO PRESERVE A HUSBAND

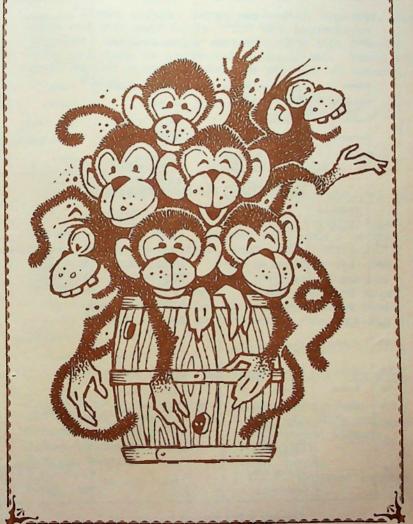
Be careful in your selection. Do not choose too young. When selected, give your entire thoughts to

preparation for domestic use. Some wives insist upon keeping them in a pickle, others are constantly getting them into hot water. This may make them sour, hard and sometimes bitter. Even poor varieties may be made sweet, tender and good by garnishing them with patience, well sweetened with love and seasoned with kisses. Wrap them in a mantle of charity. Keep warm with a steady fire of domestic devotion and serve with peaches and cream. Thus prepared, they will keep for many years.

Ann Murphy

\*\* EXTRA RECIPES \*\*

# Kid's Dishes



# Flowers and Birthday Stones

	FLOWERS	BIRTHSTONES		
		Natural	Synthetic	
January	Snowdrop or Carnation	Garnet	Garnet	
February	Primrose or Violet	Amethyst	Amethyst	
March	Jonquil or Daffodil	Bloodstone - Aquamarine	Aquamarine	
April	Daisy or Sweet Pea	Diamond	White Sapphire	
May	Hawthorn or Lily of the Valley	Emerald	Green Spinel	
June	Rose or Honeysuckle	Pearl or Moonstone	Alexandrite	
July	Larkspur or Water Lily	Ruby	Ruby	
August	Poppy or Gladiolus	Sardonyx - Peridot	Peridot	
September	Aster or Morning Glory	Sapphire	Sapphire	
October	Cosmos or Dahlia	Opal - Tourmaline	Rose - Zircon	
November	Chrysanthemum	Topaz or Citrine	Golden Sapphire	
December	Holly or Poinsettia	Turquoise or Lapis Lazuli	Zircon	

# **Wedding Anniversaries**

Wodaling / illimote and illimot									
	Traditional	Modero			Traditional	Modern			
1st	Paper	Clocks		15th	Crystal	Watches			
2nd	Cotton	China		16th	,,,,,,,	Silver Holloware	-		
3rd	Linen	Crystal and Glass		17th	*******	Furniture	1		
4th	Silk	Electric		18th		Porcelain	ı		
		Appliances		19th		Bronze			
5th	Wood	Silverware		20th	China	Platinum	ľ		
6th	Iron	Wood		25th	Silver	Sterling Jubilee	1		
7th	Copper	Desk Sets, Pencil Sets		30th	Pearl	Diamond			
8th	Bronze	Linens, Laces		35th	Coral	Jade			
9th	Pottery	Leather		40th	Ruby	Ruby			
10th	Tin	Diamond Jewelry		45th	Sapphire	Sapphire	1		
11th		Fashion Jewelry		50th	Gold	Golden Jubilee	-		
12th		Pearls, Colored Gems		55th	Emerald	Emerald	-		
				60th		Diamond Jubilee	l		
13th	*******	Textiles, Furs		75th	Diamond	Carl Carl	1		
14th		Gold Jewelry			2.5ond				

# KID'S DISHES

# BEST SUGAR COOKIES

1 c. powdered sugar
1 c. (about) sugar
1 c. margarine or butter
1 c. vegetable oil
2 eggs
1 tsp. vanilla
1 tsp. salt
1 tsp. soda
1 tsp. cream of tartar

Cream sugars, margarine and oil together. Add eggs and stir until fluffy. Sift dry ingredients together. Add to sugar mixture. Roll into 1-inch balls and place on ungreased cookie sheet. Press with glass dipped in sugar. Bake at 375° for 15 minutes.

Yields 6 dozen.

Jeff Creswell Little River, KS

#### TEA CAKE COOKIES

1 c. soft butter 2 1/4 c. flour 1/2 c. powdered sugar 1/4 tsp. salt 1 tsp. vanilla 3/4 c. finely chopped nuts

Beat butter, sugar and vanilla together until creamy. Stir in flour, salt and nuts with a wooden spoon. Shape dough into 1-inch balls. Place on ungreased cookie sheet. Bake in an oven that has been preheated to 400° for 8-9 minutes. Cookies should set, but not brown. Roll in powdered sugar while warm. Cool and roll in powdered sugar again.

Variation: Use mini chocolate chips instead of

nuts.

Angela Dumond

# CHOCOLATE CHIP WHIPPED CREAM COOKIES

1 c. butter or margarine
3/4 c. light brown
sugar, packed
3/4 c. granulated sugar
2 eggs, beaten
3 c. flour
1 tsp. baking soda
1 pkg. chocolate chips
1 c. chopped walnuts
(optional)
1 tsp. vanilla
1 1/2 c. whipped cream

In a large bowl, cream butter until light.
Gradually add both kinds of sugar, then eggs. Beat
until very light and fluffy. Stir in flour, salt, baking
soda, chocolate chips, nuts, vanilla and whipped
cream. Drop by teaspoonful onto a cookie sheet. Bake
for 10-12 minutes at 375°. Makes about 8 dozen.
Troy Koehne

# FANTASY PEANUT BUTTER FUDGE (Children's Favorite)

3 c. sugar
3/4 c. margarine
2/3 c. evaporated milk
(5 1/3 oz. can)

1 c. peanut butter
1 (7 oz.) jar Kraft Marshmallow Creme
1 tsp. vanilla

Combine sugar, margarine and milk in heavy 2 1/2-quart saucepan. Bring to a full rolling boil, stirring constantly. Continue boiling 5 minutes over medium heat, stirring constantly to prevent scorching. Remove from heat and stir in peanut butter until melted. Add Marshmallow Creme and vanilla. Beat until well blended. Pour into a greased 9 x 13-inch pan. Cool at room temperature and cut into squares.

Lacy Hacker

# FUDGE BROWNIES

12 Tbsp. cocoa (3/4 c.) plus 4 Tbsp. fat or 4 sq. unsweetened chocolate 1/2 c. margarine

3 eggs 1 1/2 c. sugar 1 tsp. vanilla 3/4 c. flour 1/2 c. nuts (optional)

Place cocoa, fat or square chocolate in pan with margarine. Heat until melted. Beat eggs for 30 seconds with beater. Add sugar slowly. Do not beat longer than 30 seconds. Stir in melted chocolate and vanilla. Do not overmix! Stir in flour. Add nuts. Do not overmix! Pour into greased and floured pan, 9 x 9 inches. Bake at 350° for 30 minutes. Do not overbake.

# Quick Fudge Frosting:

1 sq. unsweetened chocolate2 Tbsp. margarine

1 1/2 c. powdered sugar 2-3 Tbsp. milk or cream 1/2 tsp. vanilla Melt chocolate in top of double boiler. Add remaining ingredients. Beat with wooden spoon or electric mixer until smooth. Spread on brownies.

Angela Dumond

#### QUICK-ENERGY PICK-UPS

Utensils:

waxed paper medium bowl spoon teaspoon cookie sheet

#### Ingredients:

3-4 sq. graham crackers
1 c. powdered sugar
1 c. crunchy peanut
butter

1 c. semi-sweet chocolate chips1/2 c. instant nonfat dry milk3 Tbsp. water

Crush graham crackers with your fingers onto sheet of waxed paper. Mix remaining ingredients thoroughly in bowl. Shape teaspoonfuls of the mixture into 1-inch balls. Roll the balls in the graham cracker crumbs until coated. Arrange the coated balls on ungreased cookie sheet and refrigerate about 20 minutes or until firm.

Note: In place of the graham crackers, you can use 1/2 cup flaked coconut.

Rick Dumond

#### MONKEY BREAD

4 cans biscuits, cut in fourths 2/3 c. sugar

1 1/2 tsp. cinnamon nuts

Sauce:

1 c. sugar 1 1/2 sticks oleo 1 Tbsp. cinnamon

Place sugar and cinnamon in paper sack. Coat biscuits. Put 2 cans of biscuits in greased angel food

pan. Boil sauce ingredients for 2 minutes. Pour half over rolls in pan and put remaining biscuits in pan. Pour rest of syrup mixture over this layer. Bake at 350° for 30-40 minutes.

Ken Prigmore

#### CREAM PUFF SHELLS

1 c. water
1/2 c. butter or
 margarine
1 tsp. sugar

1/4 tsp. salt 1 c. sifted flour 4 eggs

Preheat oven to 400°. Combine water, butter, sugar and salt in saucepan. Bring to a full rolling boil. Add flour all at once. Stir vigorously over low heat for 1 minute or until mixture forms thick, smooth balls that leave sides of pan clean. Remove from heat and cool slightly. Add eggs, one at a time and beat well after each addition until paste is shiny and smooth. Drop by spoonfuls onto ungreased baking sheet. Bake for 40 minutes or until puffed and golden. Cool completely on wire rack. Remove tops and scoop out centers. Fill with desired filling and sprinkle with powdered sugar.

#### Cream Puff Filling:

1 c. sugar 1/4 tsp. salt 1/3 c. flour 2 egg yolks 2 c. milk 1 tsp. vanilla 1 small tub Cool Whip

In top of double boiler, combine sugar, salt and flour. Stir together thoroughly. In small bowl, beat egg yolks. Add milk and vanilla. Mix. Slowly add liquid ingredients to dry ingredients, stirring constantly to avoid lumps. Cook in double boiler over medium heat, stirring constantly until thick. Reduce heat and cook 5 minutes longer. Stir constantly to keep mixture smooth. Mix in Cool Whip. Cool slightly and pour into Cream Puff Shells.

Angela Dumond

#### SOPAIPILLAS

1 1/2 c. unsifted flour

2 Tbsp. baking powder

3/4 tsp. salt

2 Tbsp. vegetable shortening

1/4 c. lukewarm water oil (for frying) honey or cinnamon-sugar mixture

Cut in flour, baking powder and salt into shortening with a pastry blender until mixture looks like coarse meal. Add water all at once and stir dough until it gathers into a ball. Knead it in the bowl until all the flour is worked in. Knead dough for 5 minutes. Let rest 15 minutes. Roll dough out to 1/8 inch thick. Cut into triangles or squares. Drop in hot grease (400°). Spoon grease over top as bread cooks. When brown on bottom, turn over, 1-2 minutes. Serve with honey or cinnamon-sugar mixture. Angela Dumond

#### FINGER JELLO

3 small pkg. jello (any flavor), dissolved in 3 c. boiling water

4 envelopes unflavored gelatin, softened in 1 c. cold water 2 Tbsp. lemon juice

Combine softened gelatin and jello. Add lemon juice. Stir until completely dissolved. Pour into Tupperware cold cut keeper and refrigerate until set, about 30 minutes. Cut into squares or strips or fancy shapes of cookie cutters.

This jello does not melt and can be packed in children's lunches. Do not let it set out in sunlight or

in warm places.

LeRoy and Jim Murphy

#### POPSICLES

1 pkg. cherry drink mix 2 c. cold water

1 pkg. cherry gelatin

1 c. sugar

2 c. boiling water

Dissolve gelatin in boiling water. Add cold water, drink mix and sugar. Put in freezer and freeze. They don't drip!

LeRoy and Jim Murphy Geneseo, KS

#### BUTTERSCOTCH CICLES

1 pkg. butterscotch 1 c. root beer instant pudding

1-1 1/2 c. water

Mix well and freeze. Makes 12.

LeRoy and Jim Murphy

#### FUDGSICLES

1 qt. chocolate milk 2 egg yolks

Stir well and freeze.

LeRoy and Jim Murphy

#### FUDGSICLES

3 Tbsp. instant cocoa little vanilla

mix 2 or 3 Tbsp. sugar 2 eggs

2 1/2 c. milk

Beat well. Pour into Ice Tups and freeze. LeRoy and Jim Murphy

#### FUDGSICLES

1 pkg. chocolate instant 1/2 c. cream pudding

2 c. milk

1/2 c. sugar

dash of salt

Mix and freeze.

LeRoy and Jim Murphy

#### FUDGSICLES

1 pkg. chocolate instant 2 1/2 c. milk pudding

Mix as directed on package. Pour into Ice Tups and freeze.

LeRoy and Jim Murphy

#### LEMON CICLES

1 pkg. lemon instant 2 1/2 c. water pudding

Mix well and freeze. Makes 12.

LeRov and Jim Murphy

#### ORANGE JULIUS

14 large ice cubes 6 oz. frozen orange inice

1 c. milk 1 tsp. vanilla

1/2 c. sugar

1 c. water

Put all ingredients into blender. Mix until ice is crushed. Yields 44 ounces.

Angela Dumond

#### MICROWAVE CARAMEL CORN

6 qt. popped corn 1 1/2 c. peanuts (optional) 1 c. brown sugar

1/2 c. oleo or butter 1/4 c. light corn syrup

1/2 tsp. salt

1/2 tsp. baking soda

Place corn and peanuts in large brown paper bag. Set aside. Combine brown sugar, butter, corn syrup and salt in a 2-quart glass bowl. Microwave on high setting 3-4 minutes, stirring each minute until mixture comes to a boil. Microwave 2 minutes more. Stir in baking soda.

Pour syrup mixture over corn and nuts in bag. Close bag and shake well. Microwave on high for 1 1/2 minutes. Shake bag well. Microwave 1 1/2 minutes more. Shake bag and pour caramelized corn into large roasting pan. Cool and stir to separate caramel corn kernels.

Jeff Creswell

\*\* EXTRA RECIPES \*\*





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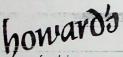
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#### INDEX OF RECIPES

Page

#### SOUPS, SALADS & SAUCES

Raggedy Ann Salad	1
Joseph's Coat Salad	1
Mixed Vegetable Salad	1
Green and Gold Salad	2
Wonderful Summertime Salad	2
Layer Green Salad	2
Different Carrot Salad	3
Green Bean Salad	3
Sauerkraut Salad	3
Cucumber Salad and Dressing	3
Blueberry-Nut Salad	4
Banana-Anna-Surprise	4
Congealed Salad	5
Molded Cranberry Apple Salad	5
Strawberry Salad	5
Lime Jello Salad	6
Strawberry Jello Salad	6
Tapioca Salad	6
Philly Salad	7
Cranberry Salad	7
Cranberry Delight	7
Fruit Salad	8
Strawberry Salad	8
Orange Salad	8
Acini de Pepe Salad	9
Million Dollar Salad	9
Fruit and Yogurt Salad	9
Apple Mallow Coleslaw	10
Fruit Salad	10
Waldorf Salad	11
Taco Salad	11
Mexican Salad	11
Polynesian Salad	11
German Cole Slaw	12
Macaroni Salad Carbonara	12
Deviled Eggs	13
Delicious Potato Soup	13
Midwest Vegetable Chowder	13
Quick Cheddar Cheese Sauce	14

#### MAIN DISHES

MATIN DIGITAL	Page
The Arm Mark Community	15
Tater Tot Casserole	15
Chicken Delight	15
Chicken and Sauerkraut	16
Crock-Pot Perfect Rice	16
Crumb-Coated Chicken	16
Pepper Steak	17
Swiss Steak	17
Clair's Deviled Swiss Steak	17
Bachelor Surprise Meat Dish	18
Chicken and Asparagus	18
Chicken Tetrazzini	19
Chicken and Rice on Sunday	19
Chicken Spaghetti	19
Cashew Chicken	20
Chicken-Broccoli Casserole	21
Chicken Casserole	21
Burritos	21
Chimichangos	22
Chalupas	22
Cheese Chalupas	23
Chicken Enchiladas	23 =
Enchilada Casserole	24
Beef and Bean Tostados	24
Mexican Meat Loaf	25
Mexican Lasagne	25
Spanish Rice	25
Pizza Macaroni and Cheese	26
Pizza by the Yard	27
Lasagne	27
Spaghetti with Meat Sauce	28
Roman Holiday	28
Poor Man's Steak	28
Tater Tot Hot Dish	29
Hamburger Supreme	29
John Ben Getty	29
Johnny Marzetti	30
Hamburger Meat Loaf	30
Meat Loaf	31
Rierocks	31
gerocks	91

	Page
Lorn's Goulash Lorene's Casserole Easy Hamburger Casserole Hamburger Casserole Country Peppers 6 Stuffed Green Peppers Stuffed Green Peppers Swiss Steak Oven Swiss Steak and Vegetables Easy Barbecue Beef Coney Island Sauce Sloppy Joes Oyakadrombe Rice and Cheese Breakfast Eggs Easy Eggs a la King Tuna Nuggets Skillet Tuna Patties Crock-Pot Ham and Potatoes Scalloped Ham and Potato Casserole Ham Balls Barbecued Pork Chops Game Meat Loaf Crock-Pot Pheasant with Wild Rice Stuffing Crock-Pot Roast Venison. Crock-Pot Roast Wild Duck Crock-Pot Venison-Rabbit-Squirrel-Duck Marinade Oriental Steak Strips	31 31 32 32 32 33 33 33 34 34 35 35 36 36 36 37 37 38 38 39 40 40 41 41 42 42
VEGETABLES	
Green Bean Casserole Yams and Apples Acorn Squash Broccoli Supreme Creamy Scalloped Potatoes Escalloped Eggplant Crock-Pot Baked Potatoes Harvard Beets Fresh Green Beans Zucchini Luncheon Custard Summer Squash Casserole	43 43 43 44 44 45 45 45 45 46

Cheese, Peas and Broccoli Casserole       46         Peas and Cheese.       47         Cabbage Casserole       47         Vegetable Medley       47         Saucy Baked Beans       48         Texas Potatoes       48         Potato Casserole       48         Potato Casserole       49         Do-Ahead Potato Casserole       49         Potato Bake       50         Potato Casserole       50         Potato Muffins       53         Chocholate Chip Muffins       53         Chuck 's Favorite Pancakes       54         Banana Bread       54         Banana Bread       55		Page
Plain Muffins         53           Chocolate Chip Muffins         53           Chuck's Favorite Pancakes         54           Banana Bread         54           Banana Nut Bread         54           Banana Bread         55           Banana Bread, The Best         55           Banana Bread         55           Bubble Bread         56           Date Nut Bread         56           Dilly Bread         56           Hawaiian Sweet Bread         57           Kweet Potato Bread         58           Zucchini Bread         58           Banana Nut Bread         59           Zucchini Walnut Bread         59           Zucchini Nut Loaf         59           Valapeno Corn Bread         60           Kolaches         60           Sweet Dough         61           Raised Doughnuts         61           Cinnamon Rolls         62           Foundation Sweet Rolls         62           Setty's Old-Fashioned Rolls         63           55-Minute Wheat Rolls         63	Peas and Cheese. Cabbage Casserole. Vegetable Medley Saucy Baked Beans Texas Potatoes Potato Casserole. Stuffed Baked Potatoes Deluxe Do-Ahead Potato Casserole. Potato Casserole Potato Casserole Potato Casserole Potato Casserole	47 47 47 48 48 48 49 49 50 50
Chocolate Chip Muffins       53         Chuck's Favorite Pancakes       54         Banana Bread       54         Banana Bread       54         Banana Bread       55         Banana Bread       55         Banana Bread       55         Bubble Bread       56         Date Nut Bread       56         Dilly Bread       56         Hawaiian Sweet Bread       57         Italian Herb Bread       58         Sweet Potato Bread       58         Zucchini Bread       58         Zucchini Walnut Bread       59         Zucchini Walnut Bread       59         Zucchini Nut Loaf       59         Zucchini Nut Loaf       59         Zucchini Nut Loaf       60         Kolaches       60         Sweet Dough       61         Raised Doughnuts       61         Cinnamon Rolls       62         Foundation Sweet Rolls       62         Setty's Old-Fashioned Rolls       63         55-Minute Wheat Rolls       63	BREADS, ROLLS, PIES & PASTRY	
Best Bread in the World	Chocolate Chip Muffins Chuck's Favorite Pancakes Banana Bread Banana Nut Bread Banana Bread Banana Bread Banana Bread Banana Bread Bubble Bread Date Nut Bread Dilly Bread Hawaiian Sweet Bread Italian Herb Bread Sweet Potato Bread Zucchini Bread Zucchini Bread Zucchini Walnut Bread Zucchini Walnut Bread Zucchini Nut Loaf Jalapeno Corn Bread Kolaches Sweet Dough Raised Doughnuts Cinnamon Rolls Foundation Sweet Rolls Betty's Old-Fashioned Rolls	53 54 54 55 55 55 56 56 56 57 58 59 59 60 61 62 62 63

	Page
Dinner Rolls Refrigerator Rolls Angel Biscuits Raisin-Pecan Biscuits Sky High Biscuits Oyster Snacker Crackers Kringler-Norwegian Style Kringle Apple Pie Blueberry Topper Raisin Pie Fresh Strawberry Pie Cherry Cream Cheese Pie Cherry Pie with Oatmeal Crust Cranberry Apple Pies Mock Zucchini Apple Pie Fresh Strawberry Pie Fresh Strawberry Pie Fresh Strawberry Pie Fresh Strawberry Pie Fresh Cherry Pie Fresh Cherr	64 65 65 66 66 67 67 68 68 69 70 70 71 71 71 72 72 72 73 73 74 74 75
LOW CALORIE DISHES	
Low Cholesterol Egg Substitute  Spaghetti Squash Slaw  Weight Watchers Tabouli  Sugarless Fruit Cookies  Weight Watchers Cake  Weight Watchers Peanut-Corn Crunch  Lo-Cal Berry Shake  Weight Watchers Cran-Orange Relish  Diabetic Apple Jelly  Chicken Casserole	79 79

#### DESSERTS

Page

-
81
81
81
82
82
82
83
83
84
84
84
85
85
86
86
87
88
88
89
89
89
90
90
90
91
91
92
92
92
93
93
94
94
94
95
95
95
96
96
96
97
97

	Page
Peanut Butter Crispy Treats	97
Butterscotch Bars	97
Pumpkin Bars	98
Brownies	98
Cake Brownies	99
Chocolate Zucchini Brownies	99
Frozen Dessert	99
Ice Cream	100
Cooked Ice Cream	100
Ice Cream	100
Vanilla Ice Cream	101
Orange Sherbet	101
Cherry Ice Cream	101
Ice Cream Sandwiches	102
Ice Cream Soda	102
Applesauce Cake	102
	102
Applesauce Cake	103
Applesauce Cake	103
Banana Nut Cake	103
Happiness Cake	104
Banana Surprise Cake	104
Butter Brickle Dessert	
Custard Cake	105
Christmas Dessert	105
Chocolate Pudding Cake	106
Pudding Cake	106
Chocolate-Zucchini Cake	107
Chocolate Zucchini Cake	107
Basic Pound Cake	108
Dump Cake	108
Cookie and Cream Cake	108
Fruit Ripple Cookie Cake	109
Dixie's Hawaiian Wedding Cake	109
Extra-Moist Pineapple Upside-Down Cake	110
Fruit Cocktail Cake	110
Gooey Butter Cake	111
Graham Cracker Cake	111
Hurry-Up Devil's Food Cake	
Jerry's Cake	
Jerry's Cake	
Mandarin Orange Cake	
Forever Wedding Cake	
Oatmeal Cake	
Oatmeal-Coconut Cake	. 114

	Page	
	0	
Pumpkin Dump Cake	114	
Punch Bowl Cake	115	i i
Raw Carrot and Raw Beet Cake	115	
Rhubarb Cake	115	-
Rhubarb Cake	116	1
Roman Apple Cake	116	
Biblical Scripture Cake	117	
Scripture Cake	117	
Sock-it-to-Me Cake	118	
Strawberry Shortcake Cake	118	
Swedish Apple Cake	119	
Turtle Cake	119	
Watergate Cake	120	
BEVERAGES, SANDWICHES & MISCELLANEOU	IS	احراقا
DEVERMODS, SINDWISHED & MISSELFERMOS	,5	
Punch	121	
Snowflake Apple Punch	121	
Sparkling Cranberry Punch	121	
Punch	122	
Wassail	122	
Wedding Punch	122	
Pink Refresher	123	
Fruit Punch	123	
Basic Reception Punch for 100	123	
Fruit Sherbet Punch	124	
Green Punch	124	100
Grape Punch	124	6 3
Gold Punch	125	
Yellow Daffodil Punch	125	
Punch	125	
Rosy Iced Tea	125	
Russian Tea	126	
Beef and Chicken Gumbo Open Sandwiches	126	
Caramel Corn	126	2 1
Quick and Easy Caramel Corn	126	
Pecan Brittle	127	100
Peanut Clusters	127	
Russell Stover's Fudge	127	
Peanut Butter Candy	128	
Rock Candy	128	
Party Cheese Ball	128	
rarty Oneese Dan	129	

	Page
Fiesta Dip Vegetable Dip Mexican Bean Dip Chili Seasoning Mix Onion Soup Mix Spaghetti Seasoning Mix Sloppy Joe Seasoning Mix Seasoning Coating Mix Seasoned Salt Eagle Brand Taco Seasoning Mix Pan Coating Carpet Cleaner Window Cleaner Play Dough Recipe for a Happy Day	129 130 130 130 130 131 131 131 132 132 132 133 133 133
MICROWAVE DISHES	
Meatball Stew. All at Once Spaghetti Onion and Cheese Chicken Bake Frank Reuben Sandwiches Creamed Cabbage Cheezy Broccoli-Rice Casserole Scalloped Corn Microwave Scalloped Potatoes Picnic Pickled Beans Microwave Fruit Pudding 10-Minute Peanut Brittle	135 135 136 136 137 137 137 138 138
CANNING	
Sweet Pickle Sticks Crock-Pot Chunk-Style Applesauce Cucumber Relish. Cucumber Rings. Bread and Butter Pickles. Bread and Butter Pickles. Crock Dill Pickles Curry Pickles. Sweet Dill Pickles Crispy Sweet Pickles.	143 144 144

		1
	Page	
Sweet Stick Pickles	145	100
Pickled Beets	145	į.
Pickled Beets	145	
Beet Pickles	146	-
Pickled Okra	146	3
Hot Peppers	146	
Easy Apple Butter	147	-
Peach or Apricot Butter	147	
Cherry Pie Filling	147	
Green Tomato Mincemeat	148	
Rhubarb Jam	148	
Rhubarb Jam or Topping	148	1 4
How to Preserve a Husband	148	
KID'S DISHES		
Best Sugar Cookies	151	
Tea Cake Cookies	151 151	
Fantasy Peanut Butter Fudge	151	
Fudge Brownies	152 153	
Monkey Bread	153	
Cream Puff Shells	153	
Sopaipillas	155	
Finger Jello	155	
Popsicles	155	
Butterscotch Cicles	156	
Fudgsicles	156	
Fudgsicles	156	
	156	
FudgsiclesFudgsicles	156	
	157	
Demon Cicles		
licrowave Caramel Corn	157 157	
nerowave Caramer Corn	197	

I

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#### TERMS USED IN COOKING

APPETIZER — A small serving of food served before or as the first course of a meal.

ASPIC — A transparent jelly, usually meat, which has been boiled down to become firm when cold.

BATTER — A mixture of flour or liquid that can be beaten or stirred.

BISQUE - A rich thick cream soup made from fish.

BLANCH — To place fruits or nuts in boiling water to remove skins, also to dip vegetables in boiling water in preparation for freezing, canning or drying.

BOUILLABAISE — A chowder made from several varieties of fish and wine.

BOUILLON - Clear soup made from lean beef.

BRAISE — To brown meat or vegetables in hot fat, then to cook slowly in small amount of liquid.

CARAMEL — Burnt sugar syrup used for coloring and flavoring. Also a chewy candy.

CHICORY — A plant root that is cut into slices, dried and roasted into coffee. The plant leaves are used for salad and sometimes called curly endive.

CIDER — The juice from pressed apples used as a beverage or to make vinegar.

CLARIFY — To make a liquid clear by adding beaten egg white and egg shells. The egg coagulates in hot liquid and cloudiness adheres to it. The liquid is then strained.

COBBLER — A fruit pie with a rich biscuit dough made in a deep-dish.

COCKTAIL — An appetizer served before or as the first course of a meal. An alcoholic beverage served before the dinner or cut shellfish with tart sauce served at the start of a meal.

CRACKLINGS — Crisp particles left after fat has been fried out. CROQUETTES — Chopped meat held together by eggs, shaped and dipped into crumbs then fried.

DOUGH — A mixture of flour, liquid that is stiff enough to be kneaded.

DRIPPINGS — Liquids resulting from meat being cooked.

ENTREE - A dish served between the chief courses, before the roast.

FONDUE - A dish made of cheese, eggs, etc.

FRITTERS — Vegetables or fish covered with butter then fried in deep fat.

FROSTING — A sugar that has been cooked and used to cover cakes, and other foods.

GIBLETS - The liver, gizzard or heart of poultry.

HORS d'OEUVRES — Tart, salty or crisp foods served as appetizers.

INFUSION — Liquid taken from tea, herbs or coffee.

JULIENNE — Food cut into very thin strips.

MACEDOINE - A mixture of fruits or vegetables.

MARINATE — To let foods stand in an acid mixture of oil and vinegar, then flavored with spices and herbs.

MINCE — To cut foods in very fine pieces.

#### FOOD PROCESSES

BAKE - To cook by dry heat, usually in an oven.

BARBECUE — To roast or broil whole, as a hog, fowl, etc. Usually done on a revolving frame over coals or upright in front of coals. To cook thin slices of meat in a highly seasoned vinegar sauce.

BOIL — To cook in liquid, usually water, in which large bubbles rise rapidly and continually so that all the liquid is agitated.

BOILING POINT — The temperature reached when a mixture maintains a full bubbling motion on its surface.

BREW - To cook in hot liquid until flavor is extracted.

BROIL - To cook by exposing the food directly to the heat.

BRAISE — To cook meat by searing in fat, then simmering in a covered dish in small amount of moisture.

CANDY — To conserve or preserve by boiling with sugar. To incrust or coat with sugar.

COAT SPOON — When a mixture forms a thin even film on the spoon.

CODDLE — To cook slowly and gently in a liquid just below the boiling point.

CREAM — To work foods until soft and fluffy. Usually applied to shortening and sugar.

CUBE - To cut in even sliced pieces.

CUT - To divide foods with a knife or scissors.

DICE - To cut into small cubes.

DISSOLVE — To pass into solution.

FOLD — To combine, using a motion beginning vertically down through the mixture, continuing across the bottom of the bowl and ending with an upward and over motion.

Yo	our Daily Nu	trie	nts
FOOD	AVERAGI	E	AVERAGE CHILD
Meat or fish	of wide variety.	1 or more servings of wide variety.	
Milk	1 pint.		1 quart
Eggs	1 egg. Dried p or beans may substituted 3 times a wee	be	Same as Adult
Vegetables	1 leafy green or y and 1 other (serve one raw). 1 potato.	vellow	Same as Adult
Fruits	½ c. citrus or ¾ c. citrus 1 c. tomato juice tomato jui		% c. citrus or 1 % c. tomato juice plus other fruits.
Breads and Cereals	3 servings		Same as Adult
Butter or vitamin fortific	ed 2 tablespo	ons	2-3 tablespoons
	A VITAMIN P	RIME	ER
Vitamin	Use In Body		Best Sources
A	For normal vision	VE	eafy greens, yellow egetables and fruits, ggs, liver and milk.
B1 (Thiamin)	For good appetite, good digestion and steady nerves.  "Enriched" and whole bread and cereal. Dried and beans, peanuts, pork and liver.		d and cereal. Dried pea beans, peanuts,
C (Ascorbic acid)	For healthy teeth, gums, bones and blood vessels.	leaf	us fruits, tomato juice y greens I potato.
G (Riboflavin)	For healthy skin and eyes.	1	Liver and kidney. Lean beef, eafy green, milk.

#### Helpful Cooking Hints

#### LEAVES, WEEDS & OTHER GOOD THINGS

F		BAY		CUPPY	
Use This Herb	BASIL	LEAF	CHIVE	CURRY POWDER	DILL
When You Fix:	used whole or ground	A pungent flavor. Available as whole leaf	Mild flavor of onion	Blend of spices in proper pro- portion	Aromatic odor with delicate caraway flavor
A CASA COLOR	Reof stew Steak, Veal Lamb Venison	Meats, Stews, Sauerbraten		Curries of meat Veal Mildly hot casseroles	Veal Pork spareribs Lamb stew
POLITROD	Chicken Duck Fish Seafood cocktails	Poached fish	Fish dishes	Chicken Fish Shrimp Chicken salad	Fish dishes Chicken salad
ACTION OF	Tomatoes Potatoes Peas Squash Herb butter	Pickled beets Relishes	Potato dishes Vegetable garnish	Various vegetables Pickled carrots Green bean sticks	Potatoes baked or boiled Tomatoes Beans Pickles Garnish
CCS CCS	Cheeses Welsh rabbit and Egg dishes	10	Omelets and Egg dishes Cream and cottage cheese	Fgg salad Egg dishes Cheese fillings Sour cream	Sour cream Cream and Cottage cheese Scrambled eggs
Se to the second	Spanish rice Spaghetti dishes			Oriental touch to rice	Buttered noodles
SOUPS SALATES SALICES	Bean Mock turtle Potato soups Tossed salads	Vegetable and Fish soups Tomato sames and Gravies Marinades	Various Soups and Salads	Gravies Flavor teaser in soups Chili sauce Shrimp sauce	Fish and Vegetable salads Butter sauce Cream sauce
PREADS BREADS	5	<b>E</b>	රුණ	White bread dough	2

### LEAVES, WEEDS & OTHER GOOD THINGS

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	Use This Herh	Ginger	Marjoram	Oregano	Sage	Tarragon
	When You Fix:	Aromatic, pungent root with warm flavor-sold fresh, dried or ground	Aromatic odor, potent flavor	Strong aromatic odor, bitter taste, whole or ground	Pleasant aromatic odor and warm, bitter taste. Used fresh & dried	Aromatic leaves, with hot pungent flavor
	Meats des	Pot roast Pork, Veal Beef Casseroles	Stuffing for all meats Ragouts, Stew Beef, Veal Pork Roasts Lamb Sausage	Pork, Veal and Lamb dishes Meat loaf Stews Chili	Stuffing for meat dishes Veal and Pork dishes Pork roast Sausage Hamburgers	Beef and Veal dishes
	Poultry Sestood	S	Chicken and fish dishes Stuffed fish Fish chowder	Roast duck Fish chowder	Poultry	Fish and Chicken dishes Chicken cacciatore Lobster
	Vegetables Victoria	Pickles Preserves Chutney Vegetable combos	Scalloped potatoes and tomatoes Dressing for broccoli cabbage spinach	Hash brown potatoes Dried beans Lentils	Vegetable loaves Beans Tomatoes	Potatoes Tomatoes Beets Spinach Pickles
	L'Age And Cheese	O Residence	Egg salad Egg dishes Cheese dishes	Sprinkle on top of dishes with cheeses	Fresh cheese Cheese combo dishes	Eggs Benedict Egg and Cheese dishes
	Rice Spacketti Spackles	5	Spaghetti sauce	Spaghetti with meat sauce Pizza	W. C.	, tie
	Soups Saledy Selectes	Soups Chicken broth Gravies Fruit salad Whipped cream	Soups Salad dressing Green vegetables salads	Vegetable and Fish salads	Salads	Tartar sauce Sweet-sour sauce Fish Sauces Green salads Aspies
	Brezdi Vien (sken	Cakes Soft cookid and crisp snaps Pic crist and filling	Que Contraction		6	

#### MEATS, POULTRY, AND SEAFOOD

Meats are a substantial part of all homemakers shopping bill. Every meal should be planned very carefully and the best possible cut of meat for your money should be selected. The following chart should help you in not only selecting the best cut of meat, recommended by the U.S.Department of Agriculture cutting chart, but also the proper amount of meat to serve.

#### HOW MUCH TO BUY

	MEAT	WEIGHT OR MEASURE	NO. OF SERVINGS
BEEF	Round Steak Porterhouse Steak Sirloin Steak Chuck Roast Rib Roast (bone in) Short Ribs Stew Meat Hamburger	1 pound 1 pound 2 pounds 2 pounds 4 pounds 1 pound 1 pound	3 to 4 2 4 4 to 6 8 1 to two 4 to 5 4
POULTRY	Chicken Fryers Broilers Roasters Turkey	2 ½ to 3 ½ pounds 1 to 2 ½ pounds 2 ¾ to 7 pounds 8 pounds	3 to 5 2 to 3 4 to 10 16
FISH	Steaks Fillets Whole Fish	1 pound 1 pound 1 pound	3 4 1
SHELLFISH	Lobster (tails) Lobster (cooked meat) Clams (shucked) Shrimp (cooked) Oysters (shucked) Oysters (cooked) Scallops	I pound I pound I pint I pound I pint I pound I pint I pound	2 2 3 5 to 6 3 6 6
VEAL	Cutlet Chops Roast	1 pound 3 chops per pound 2 pounds	3 3 to 4 6



**Helpful Cooking Hints** 

Table For Cooking Vegetables			
VEGETABLE	WAYS TO PREPARE	COOKING	TIME
Asparagus	Wash; gently scrub with vegetable brush. Break the stalks. They will snap where tender part starts.	Cook coverd in small amount of boiling salted water. Cut up Whole spears	8-10 mins. 10-15 mins.
Beans, green or wax	Wash; remove ends and strings. Cut in 1- inch pieces, leave whole, or slit lengthwise.	Cook covered in small amount of boiling salted water.	20-30 mins.
Navy Beans, dried	Rinse. Soak over- night in 3 times as much water as beans; OR bring to boil, simmer several minutes and let stand 1 hour or more.	Cover and simmer in water used for soaking. Add salt.	1½ hours
Beets	Cut off all but 1 inch of stems and root; wash and scrub thoroughly. Do not pare.	Cook covered in boiling salted water. Peel when done.	35-60 mins.
Broccoli	Remove tough part of stalks and outer leaves. Split rest of stalk almost to flowerets; OR Cut in 1-inch pieces; separate stalks from flowerets.	Tie stalks in bundles using folded strips of foil. Cover, cook standing up in boiling, salted water. Cook pieces covered in boiling salted water to cover 5 to 8 mins.; add flowerets.	15-20 mins. 10-15 min. Total
Brussels Sprouts	Wash thoroughly; cut off wilted leaves. If large Brussels sprouts, cut in half lengthwise.	Cook covered in small amount of boiling waited water.	10-15 mins.
Cabbage, green	Wash; remove wilted outer leaves. Cut in 6 to 8 wedges; OR shred.	Cook covered in small amount of boiling salted water.	10-12 mins. Wedges
Carrots	Wash, scrape or pare. Slice, cut up in quarters or strips, or leave whole.	Cook covered in small amount of boiling salted water or in consomme.	20-25 mins. Whole
Cauliflower	Remove leaves and some of the woody stem. Leave whole or separate into flowerets.	Cook covered in small amount of boiling salted water.	20-25 mins, Whole 15-20 mins. Flowerets

Table For Cooking Vegetables				
VEGETABLE	WAYS TO PREPARE	COOKING	TIME	
Celery	Scrub thoroughly. Cut off leaves and trim roots. Slice into desired lengths.	Cook covered in small amount of boiling salted water or in consomme.	10-15 mins.	
Corn	Remove husks and silks from fresh corn. Rinse and cook whole.	Cook covered in small amount of boiling salted water; OR cook uncovered in enough boiling salted water to cover ears.	6-8 mins.	
Eggplant	Wash. If skin is tough, pare. Cut in ½-inch slices.	Dip in beaten egg, then in fine dry bread crumbs. Brown slowly on both sides in hot fat. Season.	Approx. 4 mins.	
Mushrooms	Wash; cut off tips of stems. Leave whole or slice.	Add to melted butter in skillet; sprinkle with flour and mix. Cover and cook slowly, turning occasionally.	8-10 mins.	
Okra	Wash pods; cut off stems. Slice or leave whole.	Cook covered in small amount of boiling salted water.	8-15 mins.	
Parsnips	Wash thoroughly; pare or scrape. Slice lengthwise or crosswise.	Cook covered in small amount of boiling salted water.	15-20 mins.	
Peas, Green	Shell and wash.	Cook covered in small amount of boiling salted water.	8-15 mins.	
Spinach	Cut off roots and wash several times in lukewarm water, lifting out of water as you wash.	Cook covered without adding water. Reduce heat when steam forms. Turn often while cooking.	3-5 mins.	
Zucchini	Wash; do not pare. Slice thin.	Season and cook covered in butter in skillet for 5 mins. Uncover and cook till tender, turning slices.	10 mins. Total	
Tomatoes	Wash ripened tomatoes.	Cook slowly, covered without adding water.	10-15 mins.	

### Calorie Counter

۲	CANDIES, SNACKS AND NUTS		1
ľ	Calories	5	ı
l	Almonds (salted)	33	ı
٩	Cashews	38	1
ľ	Changlate Bar (put) 2 gunce har	40 I	ı
١.	Cocoput (shredded) 1 cup	<b>14</b> l	١
ŀ	Tables Toffee	/5 I	d
ľ	Fudge	2	1
П	Mints. 5 very small. 5 Peanuts (salted) 1 ounce 19	ຄ	ı
N	Peanuts (roasted)	$\tilde{0}$	ı
ř	Pacans 610	<b>)4</b>	×
ľ	Pensorn (plain)	54 I	ľ
ı	Poteto Chine 10 medium chips	15 I	
T	Protecte 10 small sticks	35 I	
Ť	Walnuts	υį	۲
ı	DAILDY DRODUCTS		ĺ
U	DAIRY PRODUCTS		ı
J	American Cheese1 cube, 1 1/8 inch10	0	Å
I	Butter or Oleomargarine	0	ſ
1	Cheese (blue, cheddar, cream, Swiss) 1 ounce	5	
V	Cottage Cheese (uncreamed) 1 ounce		L
	Cream, light	U	į
1	Egg White		ľ
ı	Egg Yolk	1	
ı	Eggs (boiled or poached)2	0	ı
1	Eggs (scrambled)	20	i
۱	Egg (fried)	10	
ı	Yogurt (flavored) 4 ounces	0	
ı	DESSERTS		ŀ
۱	DESSERIS		ľ
ŀ	Cakes:		
ı	Angel Food Cake 2" piece	0	ı
1	Cheese Cake2" piece	00	i
ı	Chocolate Cake, Iced	5	ſ
l	Pound Cake	10	ı
ı	Sponge Cake	ñ	ı
1	Shortcake with fruit	00	i
ı	Cupcake, iced	85	l
ı	Cupcake, plain14	45	ı
ı,			į
L	Pudding:		ı
	Bread Pudding         ½ cup         15           Flavored Puddings         ½ cup         14	20	ı
	riavored ruddings	*0	١
			ļ
	BEVERAGES AND JUICES		ĺ
E	Beer 1 bottle, 12 oz	85	İ
(	Chocolate Malted	50	j
C	cocoa (all milk)	35	Ì
	ocoa (milk & water)		ı
C	Coffee (black/unsw.)	. 0	۱
		-	d

# Calorie Counter

BREADS AND FLOUR FOODS	Calories	Ħ
Baking Powder Biscuits 1 large or 2 sm	129	
Corn Bread 1 small square	130	ום נ
Dumplings	60	ווכ
French Bread	135	5 H
Macaroni and Cheese	475	5 N
Noodles cooked1 cup	200	110
Pancakes (wheat) 1, 4-inch 1, 4-inch 1 slice 1	80	οΠ
Rye Bread		
Soda Crackers		
Whole Wheat Bread	5	5
BREAKFAST CEREALS		H
Corn Flakes	9	6
Cream of Wheat         1 cup           Oatmeal         1 cup	14	8 N
Rice Flakes	10	5 📢
Sugar Krisps	11	0
		H
Pies: Apple 1 piece	33.	
Blueberry 1 piece	290	0 1
Cherry 1 piece. Custard 1 piece.	280	
Lemon Meringue 1 piece. Peach 1 piece.	30	5   I
Pumpkin 1 piece	26	5
Rhubarb 1 piece	20	٦
Ice Cream: Chocolate Ice Cream½ cup	20	0
Vanilla Ice Cream	15	0
Miscellaneous:	25	_
Chocolate Eclair, custard	12	2U
Cream Puff	29	ЖΙ
FISH AND FOWL:  Bass4 ounces	10	25
Proof Traut	13	3U I
Crabmeat (canned)         3 ounces           Fish Sticks         5 sticks or 4 oz		ו עע
Haddock (baked)	1	58 J
Haddock (broiled) 4 ounces steak		"

#### Calorie Counter Calories **FRUITS** Blueberries (frozen/- unsweetened ½ cup 45 Cantaloupe Melon ½ melon large 60 Cherries, fresh/whole ½ cup 40 Cranberries (sauce) 1 cup 54 Grapefruit (unsw.) ½ 55 Orange 1 medium 70 Tangerine (fresh) 1 40 Watermelon 1" slice 60 MEATS Bacon (crisp) 2 slices 95 Frankfurter . . . . . . . . . Spareribs 1 piece, 3 ribs 123 Swiss Steak 3 ½ ounces 300

#### SALADS AND DRESSINGS

Banana

Roasts (Beef)

	½ cup
Chef Salad/mayonnnaise	1 Tbsp
	1 Tbsp. 105 ½ cup. 102
	1 square
	½ cup
	1 Tbsp
	1 Tbsp

# Quantity Cooking

	, , , , , , , , , , , , , , , , , , , ,	
Food	25 Servings	100 Servings
Meat, Poultry or Fish	mong of the seal	
Beef and veal (roasted)	10 lbs	40 lbs.
Fish, large whole	13 lbs	50 lbs.
Fish, fillets or steaks	7 ½ lbs	30 lbs.
Ham (roasted)	10 lbs	30 lbs.
Hamburger	9 lbs	35 lbs.
Meat Loaf	5 lbs	18 lbs.
Pork Rib Roast	10 lbs	36 lbs.
Pork Chops and Veal Cutle	ets9 lbs	30 lbs.
Turkey or Chicken (roasted	d) 16 lbs	50 to 75 lbs.
Sandwiches		200 1
Bread	50 slices	200 slices
Butter	½ lb	1 ½ 1DS.
Mayonnaise	1 cup	4 to 6 cups
Mixed Filling	1 ½ qts	5 to 6 qts.
(meat, eggs, fish)		T to C heads
Lettuce	1 ½ heads	5 to 6 neads
Salads, Casseroles		the way and
Potato Salad	4 1/4 qts	4½ gals.
Scalloped Potatoes	4 ½ qts	17 qts.
Spaghetti	1 1/4 gals	5 gal.
Raked Reans	3/4 gals	
Jello Salad	2 ats	2½ gais.
Lettuce (large heads)	4 heads	12 heads
Vegetables		
Beets (fresh)	5 lbs	20 lbs.
Beets (canned)	1 No. 10	4 No. 10
Cabbage (shredded)	5 lbs	20 lbs.
Carrots (cooked)	6 lbs	24 lbs.
Corn (canned)	3 No. 2	2 No. 10
Corn (frozen)	3 40-oz. pkgs	10 40-oz pkgs
Peas (fresh)	18 lbs	70 lbs.
Peas (frozen)	3 40-oz. pkg	s 10 40-oz. pkgs
Sweet Potatoes (canned)	1 No. 10	4 No. 10
Sweet Potatoes (fresh)		24 lbs

#### FOOD QUANTITIES FOR ONE WEEK

Kinds of Foods	Women	Men
Citrus fruits, tomatoes Dark-green vegetables	2½ pounds ¾ pound	2½ - 3 pounds ¾ pound
Dry beans, peas and nuts	2 ounces	2 - 4 ounces
Eggs Fats, oils	6 eggs	7 eggs
Grain products - Cereal, flour, whole grain	2 2½ pounds	3-4 pounds
Meat, fish and poultry	4 41/2 pounds	5-51/2 pounds
Milk, and milk equivalents	3½ quarts	3½ quarts
Vegetables and fruits	4-6 pounds 1-1½ pounds	5 - 7 pounds
Potatoes Sugars and sweets	½-l pound	2 - 3 pounds 1 - 1½ pounds

#### SUBSTITUTIONS FOR INGREDIENTS

1 tablespoon cornstarch (for thickening) .... 2 tablespoons flour 1 cup sifted cake flour .... 1 cup minus 2 tablespoons sifted all-purpose flour.

1 cup sour milk .... 1 cup sweet milk into which 1 tablespoon vinegar or lemon juice has been stirred.

1 square chocolate (1 ounce)  $\dots$  3 or 4 tablespoons cocoa plus 1/2 tablespoon fat.

1 cup sifted all-purpose flour .... 1 cup plus 2 tablespoons sifted cake flour.

1 cup sweet milk .... 1 cup sour milk or buttermilk plus 1/2 teaspoon baking soda.

1 cup cream, sour, thin  $\dots$  3 tablespoons butter and 3 / 4 cup milk in sour milk recipe.

1 whole egg .... 2 egg yolks for custards.

1 cup molasses .... 1 cup honey.

1 package active dry yeast .... 1 cake compressed yeast.

1 tablespoon instant minced onion, dehydrated .... 1 small fresh onion.

1 tablespoon prepared mustard .... 1 teaspoon dry mustard.



# Favorite Recipes



Recipe Name

Page No.

Notes



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Recipe Name

Page No.

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